



Owning & Training a Male Slave

-A Guide For Dominant Women

***by* Ingrid Bellemare**

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By Ingrid Bellemare

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1

THE AUTHOR

Miss Bellemare is Swedish by birth but has lived in Holland for the past thirty years. In the 1980's and early 1990's she worked as a professional Dominatrix during which time she came into contact with literally thousands of submissive men.

Bored eventually with the routine she opened a Women's only Boutique in 1995 selling lingerie and SM equipment and at the same time took on Domination as a lifestyle. She acquired a personal live in slave who has served her 24/7/365 for the past ten years.

Since then she has lived the full and varied life of a business woman with a submissive male kept largely at home to look after her needs.

As an active member of a group of dominant women in the city and wider environment Miss Bellemare is well experienced in the control and training of submissive males.

This book is written in response to the many requests from her friends and others who share her lifestyle. It is not a book for beginners or players but for serious people wishing to live the life. The book has been published by Miss Bellemare herself and is sold from her Boutique.

The book is for dominant Females only. It is not for the eyes of males and Mistresses are advised not to let their slaves see any part of it.

2

INTRODUCTION

As a naturally dominant woman and member of an active Society of Female Supremacists I have often been approached to produce a book on the subject of training male slaves. Research has shown that there are a number of published works on the subject and these form excellent introductions but have tended to concentrate too much on the search for a slave and satisfying the needs of both partners in a relationship which could only loosely be described as Mistress and slave. They focus, in my opinion, on agreed limits and practices and sensual domination rather than extending the slave's servitude and moulding him into the slave required by the Mistress and owner.

I have no interest in women who provide a service for submissive males on a casual albeit financial basis. Here the male is in control and sets the boundaries. Neither am I really interested in so called Domme/sub couples where 'play' sessions (Mistress and slave) are the order of the day.

My concern here is to provide some guidance and ideas for the woman who is a true lifestyle Dominant wishing to own and be served by a real male slave. I want to move from the consensual Dominant/submissive role play situation to the far more satisfying lifestyle Mistress/slave situation in which he, having freely entered into the relationship has given up his right to be treated as a normal human being and has no choice (for whatever reason) but to submit permanently and continuously to his Mistress as a real slave. It is what I describe as contracted non consensual slavery.

Having a slave is like having an automatic dishwasher: set it up and make it do the work. It is there to serve your needs. If something is not working right take corrective action until it's fixed.

From sales in my boutique and from talking to others in the trade it is clear that Female domination of the male is on the increase. The demand for BDSM items and fetish outfits is at an all time high. Leather bras, panties,

thongs and lots and lots of boots are literally flying off the shelves. Likewise bondage equipment like spreader bars, wrist and ankle cuffs, harnesses, collars, shackles, chains, stocks, bondage tables and whipping benches are selling faster than inventory can be maintained. When one looks and what is being sold it is clear that Female Domination is very much alive. Outfits and whips for women and CBT and chastity devices for men are leading the way in sales.

I am fortunate to know several female friends who now live in this happy state of affairs of owning a real slave. A few have enslaved their husbands and trained them to a life of domestic and sexual servitude. Others have advertised for partners making it clear from the start the nature of the relationship required. Each of these scenarios can lead to a successful and fulfilling lifestyle but it has to be said that some women have confided to me that being married initially to their slave has, at times, introduced conflict in the relationship. A wife considering enslaving her husband should not be put off however but should be aware that conflicting feelings on her part and that of the slave may occur and she should be ready to deal with them. The main problem seems to be whether she should view him as a husband or a slave. It is difficult to do both at the same time. A husband is someone you love, care for and have concern for his feelings. A slave is someone you own who must serve and obey your every whim, accept your decisions and judgements in all things and whose opinions count for nothing. I have met a good number of couples who have this latter relationship and it is clearly very rewarding.

I must admit that I have a very sadistic side to me. Not only do I wish to be served by a slave who is compelled to submit totally to my desires but I like to inflict pain and see him suffer though I would never cause permanent harm as I look after my property well. If people don't understand this behaviour and think I hate the male creature, they would be wrong. Women who are true believers in Female Domination and Female Supremacy must love the male creature or we would not train them to be what we want them to be. We love them and we rule them and we make them serve like the inferior creatures they are.

I have on a number of occasions been criticised for being too severe, though not by any members of my group. I do not think anything contained in this book is severe or extreme but it is thorough and exacting. It is based on over twenty years of experience in dealing with the submissive male and

represents, I think, an authoritative manual for success. I do not consider this a book for beginners but rather for those naturally dominant women who have already experienced the pleasures of being served by a slave but wish to take the relationship to new heights.

Throughout the book I refer to the Mistress/slave differential which basically refers to the 'natural' state of affairs where the woman is superior in the relationship and the man is inferior. I have been a lifestyle Mistress for just over ten years and my slave who is now fifty five years old has been with me for all of them. My experience has taught me that most problems in genuine Mistress/slave relationships stem from the failure to maintain this Mistress/slave differential.

Obviously individual tastes and aspirations vary and I have written the book on the assumption that the reader wishes to be served by a male who is totally subjugated by his Mistress to the extent of real lifetime slavery, 24/7/365.

To achieve this in such a relationship it is vital that the Mistress/slave differential is maintained 24/7/365. There must be no situations where the slave is or can consider himself the equal of his Mistress and I have to say it, though some Mistresses may not like it, that if these occur it is invariably the fault of the Mistress.

This has nothing to do with the idea that must be ingrained in the slave's head that his Mistress cannot be wrong. For him that is obviously true. It is a word of advice for Mistresses seeking the services of a true slave; as close to the notion of slavery in times past as one can get.

From my experience the best age for a slave is between about 40 and 60. Under the age of 40 males slaves tend to be immature, insecure and see the relationship with a Mistress as some kind of fantasy game. In the middle years a truly submissive male who has found himself and knows what he wants and what he is will make a superb slave once properly trained. One Mistress Friend of mine has a slave of 70 who has served her for nearly 40 years. He serves her now as well as he did 20 years ago and she treats him as harshly as ever.

3

CONSENT

I have used the terms consensual and non consensual slavery and it requires me to give some explanation of these.

A consensual slave is one who has agreed to serve his Mistress as a slave. Possibly a contract will have been signed and limits agreed. However it is open to the slave to decide what he will and will not do. Thus he is in fact ultimately in control of the situation and his Mistress can only do what he will allow. He may at times question the actions of his Mistress, become surly or behave in a grudging manner. He may argue and show disrespect. All of these traits are not what a Mistress wants to see in a slave. He could decide to withdraw from the relationship in which case he might at worst loose his partner. But that would be the sum total of the consequences. The Mistress may well feel restrained or restricted in what she can or cannot do, how far she can go etc, wondering if her slave will draw a line or show dissent. A friend of mine met a situation where she required her slave to eat his meals after he had served her and cleared the table. He moaned about his food being cold. I had to ask her whether he was a slave or not. What does he expect? My slave would not dare to show the slightest dissent. His food is often cold; so what? 'He gets food doesn't he?' I replied. 'Cold food is just as nourishing as hot food'. She agreed but went off into a sort of sob story about keeping him happy, pandering to his wishes. I think I set her straight but it is typical of the problems a Mistress can encounter with this consensual slave relationship.

A non consensual slave is one who has given up his rights completely and serves because he realizes that he in fact has no choice. For this to work there has to be an element of compulsion so that the slave serves as an abject and total slave because he would not like to suffer the consequences of not doing so. In times past the consequences were all too obvious because slavery was perfectly legal and any escaped slave would be hunted down

and punished. He might even lose his life. Perhaps one might think that non consensual slavery in these present times is therefore unachievable and would be illegal. Well let me assure you that it is neither.

For the submissive male the mental image of being a non consensual slave is extremely powerful. It shakes him to the core and unlocks his desire to submit to the superior Female. The wife that society proclaims to be the weaker partner rules the submissive husband, controls the submissive husband, enslaves the submissive husband and humiliates the submissive husband. She ascends in power and authority while the husband sinks to new and greater depths of submission. This signals that the Mistress of such a slave is not only superior to the male but she is far superior. She will not only rule but she will crush the male so he can never rule again.

There are fifteen women in our group, seven have slave husbands and eight have slaves they are not married to. Of the fifteen, thirteen are now in the happy and rewarding situation of owning a non consensual slave. Some relationships started as consensual and progressed to the non consensual whilst others were non consensual from the start. Strangely enough the division does not tally exactly with those who are married and those who are not.

So how do we impose the element of compulsion and it is really legal?

What we have done in our group is to explain to the slave that if he agrees to move from one situation to the other there will be no backing out, there will be no rights for the slave and his servitude will be as near to old fashioned legal slavery as one can get. Once the slave has agreed to the change his Mistress will insist on absolute slavery on pain of public exposure, humiliation and possibly ruin.

We have collected together evidence of the slave's private servitude; revealing personal photographs and potentially damaging material and informed him that if he ever changes his mind about the situation henceforth then that evidence will be made public. This will be done by posting a profile of the slave with full details of his name, age, location, photos etc. on a gay male BDSM sites (there are many on the internet). Few men would want to face the appearance, of a photograph of him kneeling naked in a collar and chastity belt with whip marks all over his chest, on a gay slave site. You can believe it.

This information could be viewed by anyone and the beauty of it is that the slave would never know who had seen his profile. Even if the Mistress told him which site/s she had used he could do nothing about it without the login details. This perceived threat of public humiliation has proved to be a very effective tool in creating the conditions of non consensual slavery as the idea of being exposed as gay (let alone as a gay sex slave) is quite abhorrent to the heterosexual male. I don't think any slave of mine would want his personal secrets so displayed for anyone to see.

And of course it is not going to expose anything about the Mistress. She can deny all knowledge of her husband's clandestine activities. Why should she know about them? But the slave would be left wondering if anyone has recognised him. She could even use it as a device to encourage more effort saying 'I have posted your profile and if you want it removed you will have to demonstrate a vast improvement'. And of course she may not even have done it at all.

We have thirteen non consensual slaves in our group and during the past ten years only one has decided he wanted out. Well he got his wish but he lost his job and finally had to move away from the area. The humiliation was too great. It was a very salutary lesson for the remainder of the slaves in the group and since then there have been no dissenters. The Mistress concerned has a new slave.

For a married Mistress wanting to proceed along these lines I suggest the following course of action:

With the slave on his knees in front of you talk quietly about what you want and the change you want to make. Point out calmly that you are not satisfied with the current situation and his level of servitude. Explain the concept of non consensual slavery to him emphasizing that, if he agrees, then his freedom of choice disappears. In future he will have to serve and obey because he will be compelled to. There must be no dissent in the future and his ultimate right of veto will be taken away.

Phrase the question so: 'It cannot be right that you as the slave have the right to determine what I can and cannot do can it?' It cannot be right that I, as Mistress cannot be sure that you will obey can it?' Be quiet, calm but firm.

If he is any sort of a slave he will inevitably reply ‘no Mistress’.

Tell him that you feel that the move would strengthen your relationship as conflict and doubt would be removed. Explain that, once agreed, he cannot go back on the decision as it will be enforced by the threat of something which will cause him considerable embarrassment and which he will definitely not like.

Say to him ‘you do want to be a real slave don’t you’?

Explain that this threat is necessary to ensure his behaviour as a real slave.

It is unlikely that he will agree straight away so you can give him as long as you like but impress upon him that you are very serious about the change you want. If he needs persuading you can say that he should do it to show how much he loves you. After all there is no better way for a submissive man to demonstrate his love for his dominant wife than to submit as a non consensual slave.

If and when he agrees your mood should change. You should now be firm with him, curt with your orders, much more demanding of his servility and uncompromising in what you accept. He needs to see a change in your expectations of his subjugation.

Later you can tell him what will happen if he ever wishes to backtrack and take back his former rights of veto. One might ask if it is wise or legal to apply such pressures to one’s slave. The answer is quite definitely yes.

1. When the slave gives up his former ‘rights’ in the consensual relationship he freely enters into the non consensual one knowing precisely what would happen.
2. If the Mistress ever had a need to carry out the threat she would only be exposing the truth. The evidence is there for all to see.
3. No male will ever complain about the perceived threat before it was applied as this would expose him and no-one would believe him anyway.

4. If the threat were applied there would be no sympathy for the slave at all. In fact he would become just a figure of ridicule.

What are the advantages of such a relationship?

1. There will be a dramatic improvement in the slave's servitude concurrent with the realization in his own mind that he now does not have any choices.
2. Any doubts on the part of the Mistress concerning the slave's reaction to her imposed regime will melt away. The Mistress will be free to pursue the lifestyle she wants and experience the power rush associated with owning and being served by a real slave without the nagging fear that he may dissent and not obey.

I can understand some married women's concerns about this but if you are unable to adopt these tactics then I must say that you will never be served by a true slave in a situation where you are totally in charge. You could perhaps consider withdrawing his permission to do something he really likes doing, Playing golf say but this does not have the element of compulsion that the other two have because it will not humiliate the slave. He could simply not accept it. You could say you will divorce him if he does not agree to a non consensual relationship and find a slave who will but this rather defeats the object if you love him.

No, the only way to get the slave husband to become a true non consensual slave is to adopt a strategy similar to the one described. From my experience if he is a true submissive he will serve you well and love you even more with the added incentive of apprehension at what you might do if he dissents.

I have laboured this point deliberately because it is upon this premise that this book and my lifestyle are based. I see no point whatsoever in a consensual Mistress/slave relationship. Who is, in reality, in charge? It is, if you think about it, merely playing, a sham. And it is for that reason that I say that if a Mistress does not wish to, or is unable to make the change from consensual to non consensual slavery then she might as well not read the remainder of this book.

4

QUESTIONNAIRE

For a married Mistress still unsure as to whether she should make the move suggested I have included a short questionnaire. The marks for each answer are shown below each statement. Just ring the answer with which you best agree and add up the score at the end. You will then be able to come to your own conclusions. In answering the questions you should consider your first reaction and not spend too much time thinking about it. That way you will discover your true desires. The questions are in random order deliberately to assist in this process.

1. When you think of him say first thing in the morning or last thing at night as you go to sleep what thought springs to mind? You regard him as:

Husband (1) slave (2)

2. You agree with and require total 24/7/365 chastity.

No (1) Yes (2)

3. You think the slave should not have the right to set limits on the behaviour of the Mistress

No (1) Yes (2)

4. You love your slave and always will but you want to humiliate him, hurt him and make him suffer in his servitude to you.

No (1) Yes (2)

5. You think a system of penalty or demerit points should operate at all times with the slave entering your award of points in a book on a daily basis.

No (1) Yes (2)

6. Sometimes your slave's reaction to a command is sullen or impertinent and not humble and servile. This rankles with you.

No (1) Yes (2)

7. You like to see your slave's body striped with the marks from your whips and canes and enjoy inflicting pain which is:

Mild (1) Severe (2)

8. You find pleasure in torturing the slave for pleasure including the use of wax, nettles, electric currents, nipple and penis clamps, enemas, ice etc

No (1) Yes (2)

9. Being orally pleased by a slave to whom you deny all forms of sexual pleasure is a power rush and an extremely erotic experience.

No (1) Yes (2)

10. You think the slave should have no money of his own and you will control all finances.

No (1) Yes (2)

11 If he cries out when you cane him or whip him you feel sorry for him or you want to give him more.

Feel sorry (1) Give him more (2)

12. You sometimes feel inhibited in what you can do to your slave by concern over an adverse reaction on his part which spoils things for you.

No (1) Yes (2)

13. If your slave has accrued less than the stipulated maximum number of demerit points in a month and (in his eyes) earned an orgasm you might still deny it just for fun or to teach him who is Mistress.

No (1) Yes (2)

14. The slave you want is a human being with feelings to be considered or an item of your property, an object whose opinions you are not really interested in.

Human (1) Object (2)

15. Sexual pleasures provided by the slave are increased if, at the same time, he is suffering discomfort or pain as a result some ongoing applied torture.

No (1) Yes (2)

16. You are fed up with back chat from your slave and wish to stamp it out completely.

No (1) Yes (2)

17. Being pleasured orally by a slave, knowing he is forced to serve you this way even though he may not wish to, makes the experience more erotic and pleasurable.

No (1) Yes (2)

18. You want your slave to be made to beg your permission to do anything which is not obeying one of your commands.

No (1) Yes (2)

19. Owning a slave who has no choice but to serve and obey would be an adrenalin rush for you and would increase your pleasure.

No (1) Yes (2)

20. You would be more sexually excited if you ordered your slave to pleasure you immediately following punishment than at some other time.

No (1) Yes (2)

Total score.....

Your score will be between 20 and 40. If you have scored 30 or more you should seriously consider telling your slave that you have decided that you want non consensual slavery from him.

If you have scored over 34 then we are kindred spirits and you really should introduce some form of compulsion and turn him into a non consensual slave. The benefits to you will then be manifold and great.

5

DECISION TIME

Once she has made the change to a non consensual relationship a Mistress will never look back. She will have total power exchange for real. She will no longer wonder if her slave will obey, accept a beating or argue. She will know that he submits and complies because he has to and he will know that as well. Some married women have expressed fears that ‘inflicting’ these conditions on their husbands will be a step too far. My experience over the years has shown that exactly the opposite is the case. The husband is obviously submissive and desires to be a slave. All that has happened is that he is now even more a slave and a previous, possibly corrosive element in the relationship (his ability to control things) has been removed.

Since I gave up as a professional Domme and adopted the lifestyle for real I have known very few lifestyle slaves who, when faced with the choice, did not accept the non consensual status and only one who, having agreed to it, later backtracked. That is not to say that the slave is always happy being forced to serve in this way. He will certainly not be and why should he? That is the very essence of slavery. But if he is a true submissive the element of compulsion will be a powerful motivator in his search for true slavery and deep down his fervent desire to submit to the women he loves will consume him and the idea that he has any sort of control will disappear. There are no risks associated with this strategy because fundamentally it is what both Domme and slave desire and all of the married Mistress/slave couples I know who have embraced this change in their relationship have reported a strengthening of the love between them.

Obviously it is a decision that must not be entered into lightly without considerable thought on the part of the Mistress and the slave but the rewards are momentous. It is quite amazing the change that overtakes a slave once he realizes that in reality he has no choice but to serve with perfection and obey absolutely his Mistress or suffer extremely humiliating consequences. The change for the Mistress is equally momentous but not at all surprising. The feeling of absolute and unquestionable power is totally

addictive and something which, once experienced, she will not want to give up. The one question remains and that is whether the Mistress really wants to effect the change which brings me back to the first question in the questionnaire. Is he a husband or a slave?

And here is the reason why I would never marry a slave; I have no wish to be faced with the dilemma described above. In my view a male is an inferior being who is fit only to grace my presence as a full and abject non consensual slave. It is clearly much more difficult for the Mistress who is married to move from the consensual Mistress/slave relationship to the non consensual one. There are all sorts of conflicting feelings particularly if she has been married to her slave for some time. All I can say it that the rewards are tremendous and if she doesn't make that step change she will never feel that she owns and is served by a real slave who serves because he must and she will never experience that 'power rush' of total control.

Six out of our seven married group members have made the change and they are all delighted with the 'new woman' found within themselves and the new found subservience of their slaves. As a final thought only the Mistress knows whether she would actually carry out the threat she has imposed but for the slave the threat is real enough and sufficient.

From this point forward I will assume that the reader has moved or wishes to move from the consensual to the non consensual state. If not she may well consider that what follows is too extreme for her. All of my experience tells me that it is not in the least extreme but is the natural consequence of a true non consensual Mistress/slave relationship.

Throughout the book there are times when I use the word never. This is not because I wish to dictate how a Mistress should run her life. It is because over the years I have identified certain points in a slave's training or certain conditions of his servitude that will lead to problems if the guidelines here are not adhered to and from time to time in each section I shall attempt to describe what these might be.

I have included a number of lines within each section entitled 'my slave' where I explain how the situation described has been applied to my own personal slave. This is not meant to imply that these rules must be followed to the letter for a successful Mistress/slave relationship but rather to set the ideas in a practical context and help with training ideas.

My slave:

An ad placed in several magazines brought me a flood of applicants and it took many months to sort the wheat from the chaff as it were. There were the usual wannabees setting out in detail what I could do to them. These went straight in the bin. After extensive sorting I narrowed it down to a shortlist of five and interviewed each of them for several hours over a period of a week. I introduced them to my ways of thinking, my rules, my expectations and my whips and canes and I questioned them closely about their desires and their understanding of slavery.

It was interesting to see the reaction to the question as to whether, having been collared and having signed a slave contract they would give up their rights entirely and become a non-consensual slave backed up by the threat of public exposure and humiliation if they ever backtracked. I made it perfectly clear that this was a non negotiable condition. Those who agreed immediately were dismissed as this is a really momentous consideration and could not be made on the spot; (More wannabees). One guy particularly impressed me. When presented with this question he enquired further about the conditions I required and asked for a few days to think about it. I agreed and it took him three days before he was back at my feet. He came to live with me for a one month trial after which, I made it clear, he could back out or submit totally. At the end of that month I was not in the least surprised when he crawled across the floor, kissed my feet, begged permission to speak and agreed to all of my conditions.

I had him pierced, ringed, and tattooed. Fitted him with manacles chains and a chastity device and took numerous photographs. Later that week I showed him the portfolio of pictures and stated what would happen if he ever decided he wanted out. I could see that he was somewhat shaken by the realisation of what he had done. For several minutes he knelt in silence. I still had doubts about what he would do. Then he bowed his head to the floor, crawled to kiss my boots and prostrated himself at my feet. I knew then that I had my slave.

He moved in immediately and a few weeks later gave up his job. He has served me now for over 15 years. I have only occasionally had to remind him of the conditions of his servitude and he understands well enough to

know I would carry out my promise to him, if he ever faltered, just as quickly now as I would have done 15 years ago.

6

CONCERNING MARRIAGE

Common Marital Problems

Most commonly difficulties occur in relationships where the consensual slave is also the husband. Feelings of conflict can arise in the Mistress's mind. She cannot distinguish the husband from the slave. This is entirely understandable since society has conditioned her to recognise the Wife/husband relationship as the norm. The Mistress frequently wishes to treat her husband normally, i.e. have a normal conversation with him or have him sit beside her and cuddle her. So she drops the Mistress/slave differential. Then sometime later she expects to find her slave bowing and scraping and grovelling to please her, obeying her every command with the respect due from one who is owned and controlled. She may be well able to cope with this but the slave definitely will not. Of course the Female brain is far more complicated than that of the male which may explain why this is so. After all he is the slave. So what can one do in this situation?

One approach is to inform the slave that she wishes him to act as a husband for a time. To make normal approaches as any husband would. She may allow him to wear clothes in the home during this time. She may allow him to sit on the furniture next to her or leave the room without permission. Or go to the toilet without permission. On the other hand she may still expect him to address her as Mistress. This is a complicated situation for the slave/husband and it is no wonder he is confused and cannot cope with it. He will not know which rules apply and which don't and he will be in a position where he is making choices for himself which is not the prerogative of a slave. The situation is unstructured and quite unlike his conditioned role of obedient slave. The first thing a slave must understand is that he has no rights to make any choices for himself so it is not surprising that his servility suffers when he has to make some.

If a Mistress adopts this strategy she must lay down rules. Tell him exactly what he can do and cannot do. And just as important she must inform him

when his role will revert to that of slave. It may be possible for a slave/husband to cope with this but in my experience this is rarely true. As Mistress she should appreciate that if behaviour falls below her expectations it is probably because the slave can't deal with the situation in the way she would like. Males and females do not think alike and these conflicts illustrate one reason why I could never marry a slave.

The Wife/Mistress who wants her slave behaving like a husband sometimes and yet still showing her all the courtesies due from a slave is, I'm afraid, really asking for problems. What happens then is that the Mistress is constantly frustrated by the husband's apparent lack of respect and adherence to the rules whilst the slave is totally confused, not knowing what is required or where he stands (or kneels)! What, for example are his instructions regarding eye contact? Should he ever be seated if the Mistress is not? What does he do if his Mistress enters or leaves the room?

All of these questions and countless others will be in the slave's mind and he has to try to decide for himself which of the slave rules he must obey and which can be relaxed. But the slave is not used to making such decisions. Indeed his Mistress will have trained him not to; he has simply to obey. That is after all his primary duty. I hope the reader can see that husbands and slaves are different animals and they cannot switch rapidly from one role to the other. I have discovered that most well trained slave/husbands feel secure and positive when they are kneeling naked at their Mistress' feet and insecure and vulnerable when in clothes or when a different role is required.

One strategy that can work is to give the slave time off when he has freedom to behave as a husband. The time period allowed will obviously be determined by the Mistress and not by negotiation. This will give the slave security but the Mistress may well find that she is not after all so keen on the idea when she sees her husband not showing the slavish respect she is used to. However the remedy is simple and obvious.

Equally difficult to deal with and fraught with problems is the situation where the Wife/Mistress wants a husband for a majority of the time and a thoroughly subjugated slave for the remainder. The slave male is a simple soul and always finds it hard to switch roles. He needs guidance and the security of a situation which exists all of the time. He needs to be regarded much as one would a child and copes best with a rigid set of rules he must adhere to and boundaries beyond which he must not step.

The approach I recommend for married couples is to avoid dropping the Mistress/slave differential entirely. There is nothing to prevent the Mistress having a normal conversation with her 'husband' if he is kneeling or seated on the floor. There is nothing to prevent it happening if he is naked. There is nothing to prevent him watching TV with her if she wishes it though I would suggest it inappropriate for him to be seated on the settee beside her. He can sit or kneel on the floor or a cushion may be provided. He could rest his back against the settee whilst still being in a position lower than the Mistress. Further more the Mistress will continue to receive the respect due from a slave. She will remain fully in control and he will know that all of the rules of his servitude still apply. She can ask him if she wants his opinion on matters and tell him he is free to say what he is thinking but his subservient role will be properly maintained as will his speech restrictions (see later).

What it comes down to is whether he is a husband or slave. He cannot in reality be both. He can be husband in name only and in reality a slave. Or it can be the other way around. A Mistress faced with this dilemma must decide which way it is in order to achieve the lifestyle she is seeking. If it is a slave then non consensual slavery is the only guaranteed route to success. It may be difficult for some married women to grasp but if she wishes to have the services of a true non consensual slave then she needs to mentally divorce him so that what she sees before her is her husband no longer but her slave.

My advice to assist a married Mistress who may be experiencing pangs of conscience or doubts about treating her slave harshly is to put him in a hood. This has the effect of depersonalising the situation, allowing the Mistress to disconnect from previous feelings and follow her natural instincts so far as training the slave is concerned. It is much easier to forget that the new slave kneeling before her was formerly her husband if she cannot see the details of his face.

Later on when the new relationship is well established in her mind the hood will not be necessary. When he kneels before her she will see only a slave. Now her life can REALLY begin.

A sample declaration is included in the next chapter.

7

SAMPLE DECLARATION

The slave known as.....

Hereby consents to full and unconditional

Non consensual slavery to

Its Mistress.....

The slave agrees to its change of status of its own free will.

It is fully aware of the conditions implied in that change.

The slave understands that this change of its status is irrevocable.

.....slave

.....Mistress

Date.....

8

SLAVE APPEARANCE

Slaves come in all shapes and sizes, smooth or hairy, trim bodies or over weight. It is the Mistress' prerogative to decide and dictate how her slave will look and therefore present itself in her service.

It is common though not mandatory for a slave to be totally shaved in the genital area. If he is to present himself hairless then he will know the consequences of the Mistress finding a hair on his belly and she will have a reason for punishment. The Mistress will not need to think about it but he will know she might check at any time and therefore be thinking about it every day.

Regarding a slave's head hair personal choices vary considerably. Most commonly slave's heads are shaved or very closely cropped. However there is one member of our group who likes her slave in shoulder length hair. And why not; it is her choice. For those of the cropped hair persuasion I suggest a weekly hair cutting session by the Mistress with the slave kneeling on the floor. This is not an onerous task and modern hair clippers can be easily adjusted to achieve the desired length. It is helpful in reinforcing control if this is done by the Mistress but it could be achieved by sending the slave to the barber if she does not feel competent to do it herself.

If the Mistress requires her slave's head to be totally shaved then it is best if this is the slave's responsibility. I recommend the 'head blade razor' which is widely available together with 'head lube' which is available in gloss or matt finish.

When it comes to clothing I feel there is little room for compromise. Clothing for a slave is a privilege and slaves rarely get privileges. The only reason for having a slave in clothes is from necessity. The naked slave is vulnerable and at a disadvantage to his Mistress. The Mistress/slave differential is maintained.

Therefore the Mistress should never allow a slave to wear any form of clothing indoors. Failure to adopt this simple rule will give the slave ideas above his station. If the slave needs clothes to carry out a task the Mistress has ordered then it is his responsibility to deal with that.

He presents himself, performs whatever sign of respect the Mistress has decreed, begs permission to speak and begs permission for clothing (to go to the garage say). If agreed he puts on the minimum of clothing necessary and continues with his work. When he returns he presents himself once again and strips without further command. He then kneels and awaits the Mistress' signal to resume his duties.

This may seem onerous for the slave but it is not the Mistress' problem. Her life is easy but he must apply the rule every single time no matter how often. This is exactly what we are seeking to achieve; an easy comfortable life for the Mistress and total servitude from the slave.

If it is necessary for the slave to go outside ever few minutes he should beg permission to remain clothed until he has finished the task. On completion he should report to the Mistress, strip and prostrate himself.

I could not stand the sight of a slave serving me afternoon tea, when we return home, dressed in a shirt, trousers, shorts or even just a thong. He must be naked when performing any act of servitude for me unless circumstances make it impossible and I cannot imagine such a situation occurring in the privacy of my home. The other very important point is a psychological one. If the slave is allowed to serve wearing clothes then he will think his Mistress does not care, can't be bothered or is a soft touch and his servitude to her will deteriorate.

Many of my friends have from time to time reported a drop in the standard of their slave's servitude in the home. When I ask about clothing the reason is usually apparent. It is a simple rule and far more onerous for the slave than the Mistress.

This brings me to an important point. Many Mistress/slave relationships struggle because the Mistress finds it hard being a Mistress and controlling the slave all the time. It must never be like that and it can be avoided by putting the onus on the slave and setting down a rigid and detailed set of conditions and rituals which the slave must satisfy and follow at all times.

A slave should always be collared and the nature of the collar will vary according to the circumstances. Do not bother with leather; they get smelly and do not last. The only suitable material for permanent restraints is stainless steel and these will probably have to be made to measure.

The question of whether to brand or tattoo your slave is obviously a matter for personal choice. However I do think it is vital to mark your slave permanently in some way. Consensual slaves are rarely branded but the non consensual ones invariably are as the brand is a much more humiliating mark for a slave to wear than a tattoo. Branding can easily be done without risk by the Mistress in the home. If the mark is a simple initial it is possible to bend a piece of thin steel wire into the shape required. That used for fencing is ideal and with care the wire can be bent to form the handle of 'the iron'. Naturally this work will be assigned to the slave.

The secret of a good brand is to heat the wire until it just glows dull red and apply it quickly to the skin for a count of about 2 seconds, no longer. Then immediately apply some ice. This will prevent spreading of the burn and consequent blurring of the mark. Such a brand will take about a week to ten days to heal completely and should be monitored for infection. Brands will fade over a long time but to my mind they are the most appropriate way to mark a slave. Re-branding the slave every year (on the anniversary of his enslavement say) can become an important and significant ceremony for both Mistress and slave. It is probably best to brand him where the mark will not be visible when the slave is in normal clothes or swimming trunks. Good areas are: the lower belly just above the cock, the outside of the hip and the buttocks.

My slave

In the home he is never permitted clothing of any sort. If we go out together or I send him out on an errand he must present the clothes he is going to wear for my approval. I do not decide what he should wear as this requires some effort on my part. My life is supposed to be easy so he decides and I merely give approval or not. It is often said that being a lifestyle Mistress is hard work. Believe me it is not. The secret is to make the slave do all the work (I use the term loosely) whilst you sit back and approve or not.

On return to the home he presents himself, bows and strips without command, puts on collar, cuffs and chains then kneels to await instructions. Once again I do not have to think about this. It is a ritual he must remember and follow and I have a naked slave kneeling at my feet, ready to serve without having to say a word.

He has three 'collars'; a wide heavy steel one with a padlock at the front which is worn for the majority of the time in the home, a narrower thin steel one with discrete fixing for situations where the heavy collar would be unsuitable and a steel neck chain with lock for all other occasions.

I do not like body hair on a slave and a smooth skin was an important requirement in choosing my slave. He knows that if I ever see a hair on his genital area or under his arms he will be caned. His head hair is also kept shaved smooth on a daily basis before he presents himself for inspection.

My slave has one brand and two tattoos. My initial 'I' is burnt into his right buttock and 'I' and 'B' are also tattooed on his belly. I am considering having the top of his head marked so I can see it when he is pleasuring me but have not yet carried this out.

9

CHASTITY

It is well known within BDSM circles that if you control the slave's cock then you control the slave. Women who own male slaves have discovered that a denied and sexually frustrated male is compliant and submissive but a sexually fulfilled male is a lazy disrespectful man. So Mistresses have embraced the practice of male orgasm denial to limit the amount of orgasms their male has. This keeps him in a heightened submissive state. Orgasm denial can vary from the Mistress who allows her slave say one orgasm per week to those who think that one per month is sufficient for her male to keep his plumbing cleaned and his desire to serve at a maximum level. The male orgasm is a biological function that causes sexual release and relaxes both body and mind and is more like the eruption of a volcano than the waves of a rippling ocean that is the female orgasm. Thus men lose their desire to pleasure a woman after they have climaxed.

Keeping a male aroused but denied is the greatest and most effective technique a woman can employ for her own sexual fulfillment. Denying the slave orgasms is a real power rush and so easy to achieve. For the slave it is a constant reminder that his sexual desire, like everything else, is the property of his Mistress. It is her pleasure not the slave's that is important.

The benefits of male orgasm denial become much more apparent outside the bedroom if the slave is locked up and denied permanently. He will remain in a constant state of submission and subservience knowing that pleasing his Mistress in everything is his only chance for the release of his sexual frustration.

Let me say categorically that the Mistress requiring total attentiveness and subservience from her slave must impose a regime approaching total permanent denial. The slave must be allowed no access to his cock, permitted no masturbation or orgasm and, if possible, not even be allowed to obtain erection. He must learn that as a subservient he has no rights to any sexual pleasures and exists to provide sexual pleasures for his Mistress.

She can then further encourage her slave by offering say one orgasm per month but only if no more than a certain number of penalty points have been accrued by the slave in his general day to day servitude. There are no half measures where this is concerned so the woman who is serious about owning a real male slave should not shy away from total orgasm denial.

There are basically two categories of chastity device for male slaves, the chastity tube and the chastity belt. Of the former type amongst the most popular is the CB3000. This has superseded the CB2000 which was a somewhat crude device. A tube encases the penis and is held in place by a ring behind the ball sack. It is important to get the sizing right for comfort and security and a number of rings and spacers are provided for this purpose. The ring should be the smallest that can be fitted over the slave's cock and balls and the thinnest spacer should be used to ensure the balls cannot slip out between the two halves of the device.

I now keep my slave permanently locked into one of these devices as it is the most unobtrusive of the type and can even be worn under swimming trunks. However it is made from plastic (good for airline security scanners), is not particularly robust and not, in my opinion, very attractive to look at.

Other devices of this type are available manufactured from steel and I am at present investigating those from steelworxx, a German company. The product appears on the face of it rather more aesthetically pleasing.

The CB3000 is not totally secure and it has been known for slaves to get their cocks out of the device, though if the spacers are right it is unlikely that they will extract their balls. Inserts are available to trap the penis in its tube. One type simply makes the entrance to the tube smaller but another has spikes which would be quite painful if the slave attempted to remove his cock from the tube.

But for complete security it is possible to use a genital piercing and an additional small lock (see Chapter 10; Piercing). My slave has a Prince Albert (PA) piercing in the end of his cock and another lock through this ring ensures total security

Chastity belts are more complicated devices. Made from steel they consist of a waistband, crotch shield and chains which pass between the legs. These

must be made to measure as they are totally unyielding but are very secure. Additionally a thin strap between the legs can be used to secure a butt plug in place.

There are models available from Tollyboy (UK), Access Denied (USA), and Neosteel and Carrerra (Germany).

From an aesthetic point of view I think the belts look better on a slave than the tubes and the CB3000 is particularly unattractive compared with the steel ones. I guess it is chunkier being made from plastic. Additionally with the belt the slave can be kept plugged. However for long term wear under clothes the tubes win every time. They are smaller, can be worn under swim trunks and do not inhibit free movement which is often a problem with the belts when worn for extended periods under clothes. Some chastity tubes can now be obtained with a smaller tube in the end which is inserted into the penis and through which the slave urinates thus keeping the whole device much cleaner and extending times between necessary cleaning.

Cleaning is always a problem and should be carried out at least once a day for slaves in permanent chastity. This can usually be achieved with a power shower alleviating the need for the device to be removed. However belts with small drainage holes should be thoroughly cleaned every day or so to remove the build up of secretions which every male slave seems quite unable to control.

A word about butt plugs. These can considerably increase the slave's feeling of total control by his Mistress and the use of the slave's anus by his Mistress adds greatly to his humiliation. A Mistress requiring the use of her slave's anus for say a strap-on or electro anal torture should open him up gradually by increasingly extended use of a butt plug. Do not use water based lubricants with butt plugs as they are quickly absorbed by the skin. The lining of the anus is very delicate and quite easily damaged so anything inserted must be well rounded and very smooth. Petroleum jelly is the best lubricant and will not be absorbed.

Start with a small plug and increase the size and length of time gradually until the slave can take whatever you require for as long as you wish.

Recently Neosteel have introduced an electric plug with a remote control to fit the chastity belt. The transmitter has a range of up to one hundred metres

so can be used it to summon the slave and send him coded signals when he is performing personal services.

Penis wands

Penis wands or prince's wands are smooth steel tubes which are inserted into the urethra and held in position with screw pins through the genital piercing. For long term wear the smallest size should be chosen (6mm in diameter). If the wand is to be used in conjunction with a chastity tube or belt the section which is inserted into the penis should be fairly short (3 to 4 cm) or the penis will not fit into the CB. It is also a good idea to order a wand which protrudes about 1 cm from the end of the penis as this can extend beyond the end of the CB making the whole thing much cleaner when the slave pees. There is nothing worse than a smelly slave.

It is a fact that most slave's penises drip with pre cum when the slave is aroused. A penis wand can prevent this as they usually have a screw in plug at the end which can be fitted with a ring. The plug is removed when the slave pees and then replaced.

My slave:

My slave is kept in chastity 24/7/365 wearing either the CB3000 or the Access Denied belt with the 3000 being worn approximately 60% of the time. Additionally he has a short penis wand secured in his PA piercing.

During the night and also during the day when I am away from the house it is the 3000 that he wears. It allows more freedom of movement for the tasks I have set but I do not much like seeing my slave's cock in a thick plastic tube. If it is locked away it should be invisible. If I want the slave's cock visible I have it properly displayed with the tip locked to the waist chain. It is then very vulnerable and the balls are nicely presented as well. It is good at times to see one's property on display even though I am never going to make use of it as intended.

I prefer the appearance of the belt and also like to have him plugged a lot of the time. Obviously in the home the slave is permanently naked so the problem associated with the belt and clothes does not apply. When I return home I usually have him remove the tube and either chain his cock as described or put him in the belt with butt strap locked on. This is good

training for the slave to make him anally receptive but it took some months to reach this desirable situation.

Changing of the two devices is always carried out in my presence so the slave has no chance ever of a secret masturbation. I do not have to instruct the slave to do this; I simply throw the keys on the floor. He has been conditioned to swap the belts when I do this and then return the keys to me, held between his teeth. That which has just been removed is then immediately cleaned ready for its next use. The keys are kept in my purse.

Update:

I have recently discovered a device from the USA called 'The Helmet'. This is by far the best chastity device I have come across for long term wear. Made from metal it is robust and totally encloses the slave's cock and balls, preventing all access. It also enables the use of the whip in this area without the risk of causing damage. I have substituted the original locks at the side for one at the front and this is used to secure the cover. The same lock passes through a short chain attached to my slave's PA ring. Thus the device is totally secure.

In addition I have dispensed with the elastic waist band and 'The Helmet' is permanently attached to my slave's waist chain.

There is a considerable bulge at the crotch but this presents no problem for most of the time. My slave is always naked in my home and the bulge is easily covered for a trip to the shops if the shirt or sweater is worn outside the trousers.

'The Helmet' is the only chastity device I have seen which can be kept totally clean without having to remove it. This is achieved if the slave pours a few beakers of water into the top of the device every time it urinates. The design allows this easily without compromising security. Once a day perhaps a dilute solution of antiseptic could be used to kill any lingering bacteria.

My slave has now worn one of these devices continuously for 6 months with no hint of unpleasant odour.

I have also obtained a modern version of the Kali's Teeth Bracelet from 'Club Fem' in the USA. This is a plastic version of the original KTB which is

no longer available but it is very effective at preventing erections. There is room inside the cover of 'The Helmet' for the bracelet which is placed on my slave's penis just below the head and secured with a cable tie. Then the cover is locked in position making sure the small padlock also secures the chain attached to the slave's PA.

My slave now wears this device permanently. It is removed only when the CB3000 is required, i.e. when passing through airports or when the bulge could cause embarrassment. Sadly the KTB has to be removed on those rare occasions but I now have total control which is what I desire.

10

PIERCING

It is common if not even obligatory for a Mistress to pierce and ring her slave. Any kind of permanent piercing placed on a slave has significance as it is the dominant's mark placed upon her property. Most common piercings are earlobe, nipple, nose, tongue and genital. A small engraved pendant with the Mistress' initials can be hung from an earring.

Nipple piercings are distinctly more erotic than an ear piercing. Sensitivity often increases when a nipple is pierced and the nipple also tends to spread. Nipple skin is fairly tough and, provided the piercing is well healed, quite considerable weights can be hung from the jewellery. My personal preference is for a nipple chain to be permanently worn. Nipple rings can also be used as attachments for leads and also to chain a slave to a ring set in the floor or wall.

The nose piercing is very humiliating for a slave, giving rise to images of pigs and bulls tethered by their nose rings. For this reason many Mistresses who have their slave's noses pierced take the rings out in public. My slave's nose was pierced some 5 years ago and the ring is now worn permanently. As with the nipple rings it is a good attachment point for chaining the slave.

For a Mistress who enjoys lots of oral servitude piercing the slave's tongue can add considerably to her pleasure. I am sure I do not need to elaborate. As with all piercings this must be done professionally as getting it wrong can result in a paralysed tongue which rather defeats the objective.

Genital piercings are the most highly charged erotic piercings and piercing a slave's genitals sends a very definite message to the slave. 'This belongs to me'. The penis head, and shaft, the scrotal sac and the perineum can all be pierced. For a slave kept in chastity these could hardly be described as decorative as for most of the time they will be hidden. Their purpose therefore is to reinforce the idea that the sexuality of the slave is captive and totally controlled.

The penis head can be pierced centrally from the interior of the urethra downward (a PA), or it can be pierced sideways from side to side either above the urethra or bisecting it (an Ampellang).

These are deep piercings and can take many months to heal properly. Sometimes they bleed profusely at the start but rarely become infected since they are washed by the slave's sterile urine every time he pees.

The PA and perineum piercings can be used in conjunction to ensure absolute security for a slave in a chastity tube such as the CB3000 as it has been known for slaves to extract their penises from such devices. Tubes like those from Steelworxx are more secure as they incorporate a facility for locking a PA ring to the tube. Depending on the design of the full chastity belt it may also be possible to use a PA lock or a perineum chain for added security in these devices as well.

My slave:

My slave now has all of these piercings though they were not all carried out all at the same time. The PA piercing now has a short chain attached which is secured when the cover of the new 'Helmet' chastity device is padlocked in place.

11

TRAINING

So having got the slave to agree that his status has changed the Mistress can set about really training him. It is to be hoped that she now views him a different light as this will make the task much easier.

Firstly the slave must be humbled. He must be made to realise that he is in every way inferior to his Mistress and even if he tries very hard his servitude will at best never progress beyond satisfactory in her eyes. She must enforce her dominance by setting, and ensuring the slave lives up to, exacting standards in everything he does. There is no better way to humble a slave than to get him to repeat a task he has already completed. The Mistress simply states that it is not good enough and applies a suitable number of strokes with the cane and orders him to repeat the task. If the task is still not done satisfactorily the caning can be doubled and the task repeated.

The second way this is achieved is to be ultra critical of the slave's demeanour. The way he presents himself, genuflects and his body language in your presence shows a lot about the respect and reverence he holds for his Mistress. Before he bows his feet must be very widely spaced. When he bows his head must be lowered to the level of his knees, no half measures. And the bow must be held for the correct time. When he drops to his knees they must be widely spread, as wide as he can manage, every time he does it not just sometimes. When he kneels the belly must be sucked in, chest forward, shoulders back, head bowed. When he crawls his nose must brush the floor. He is being taught he is the lowest of the low. These things are easy to check and constant correction will quickly tell the slave that his Mistress means business. During training each aspect of his servitude should be examined and corrected. Ten sharp strokes of the cane on the slave's buttocks should follow every mistake or lack of attention to detail.

Constant attention to detail is the watchword and the Mistress will find that effort in this direction at the start will bring rewards. It will quickly become

second nature for the slave. If he is slow to learn then the most effective techniques is to punish him by making his life more irksome.

My slave

Initially I concentrated on one aspect per day, gradually accumulating a record of routines in the slave's mind. It took nearly two hours to train him to serve a glass of wine properly during which time he received well over 100 strokes of the cane. As the training proceeded he became much more adept at learning my requirements and consequently, as time went on, he went to bed each night with less of a sore ass than at the start. Pain is an excellent vehicle for learning and caning an already bruised pair of buttocks is even more of an incentive.

I once made my slave practice entering and leaving the room with a full glass of water in his hands for a whole hour after he forgot to bow. He has never failed to bow correctly since. On a similar occasion when he had trouble crawling with his nose to the floor I had him crawling on his belly for a day. Now he crawls on hands and knees very well with his nose in contact with the floor at all times.

Early on in his training I had him fasten two pieces of wood together in the form of a letter T. This is used to check the spread of his knees when he kneels. If the cross piece will not fit between his knees he gets 10 penalty points and 10 strokes of the cane. I used it frequently during his training but it is still around and he knows I may check at any time if I suspect any slackness in his posture. Slackness in posture leads to slackness elsewhere and it is a good idea to remind even a trained slave that every aspect of his servitude is constantly being monitored.

The third way to train a slave is to deny the slave the opportunity to speak. Often a slave, of the consensual variety will offer excuses as to why his servitude was lacking. A thoroughly trained one will realize that the Mistress is not interested in excuses. None are acceptable. It is therefore beneficial to have the slave gagged for much of the time if you are training him. He gets used to the fact that you don't want to hear what he has to say. The non consensual slave will never argue, he knows better but the former kind might. Eventually he will realise that the Mistress's judgement of his performance is all that matters; and criticism of any kind from her will bring an instant apology from the slave.

The rubber hood is an effective gag and a slave can perform most services wearing one. Of course if the Mistress does not wish to make use of the slave's tongue there is no reason why he should not be gagged all the time.

Another key element in the humbling process is to teach the slave that he is simply an object, there to be used as and when the Mistress requires but between times he is ignored. He may spend much time in his room or prostrate on the floor but he is available at any time at the whim of his Mistress.

A further training technique is to summon the slave at any time, day or night, to carry out the simplest most menial task. If I want a drink in the middle of the night I summon the slave and he gets it for me. If I need a light adjusted and I have sent the slave to his room the same things applies. The slave learns that he is available at any time to attend to the smallest detail of his Mistress's comfort however trivial.

Mistresses have often said to me that being a full time Mistress is very hard to maintain all the time. My reply is that it does not have to be. It all depends on how you train the slave. The idea is to lay down a set of detailed rules for the slave to obey for all routine acts of servitude. Then the Mistress can lie back, relax and enjoy his servitude. It is a mistake to think that a Mistress has to be constantly thinking of interesting and amusing things to do to her slave. Of course this is a rewarding aspect of the relationship but it must never become a chore. The slave will know exactly what is required when given a specific order so for example if she requires a cup of tea she need only summon the slave to her presence and issue the command 'tea'. The slave will then acknowledge the order, perform obeisance, leave the room, prepare the drink, re-enter the room, perform obeisance again, serve the tea and assume an at rest position exactly as she requires him to do without the Mistress having to think of or issue a further command. Thorough training of the slave makes life very easy for the Mistress.

As well as having detailed instructions for every act of servitude the slave should be given a detailed daily timetable of duties. The Mistress can then relax and concentrate on other things whilst the slave ensures that the day runs smoothly.

There are two added bonuses. Firstly the more detailed the training the more chance the slave has of making a mistake and the more reasons the Mistress

will have for punishing him. Not that a Mistress needs a reason for punishing a slave but I am assuming that any Mistress will enjoy punishing and inflicting pain on her slave. She would be a very strange Mistress if she did not. Secondly the slave will have less opportunity to think independently and therefore vary the level of servitude. Slaves do not think for themselves and will only give opinions if asked.

A friend of mine complained recently; 'I do not know what the matter with my slave is. He said he wanted to by my slave but he doesn't behave much like it.' On questioning her further it transpired that she expected him to know exactly how she wanted to be served and had made little or no effort to train him. On top of this when he behaved in a way she disliked, far from admonishing him and punishing him she quietly assumed he did not really want to be a slave and let him get away with poor service. It is a serious mistake for the Mistress to believe that a male slave will behave as a slave should without detailed training backed up with persistent vigilance and punishment. A slave needs rules and the sure knowledge that his Mistress will punish him if he strays from them. I had the slave in question with me for a session and it turned out that his view of things was that his Mistress could not be bothered initially to train him and let him get away with all kinds of slack behaviour without correcting him. So naturally he accepted this as the norm. It also turned out that the slave was not expected to be naked at all times in the home, he regularly ate at his Mistress' table and was even allowed to relax in the room with his Mistress, seated on the couch beside her.

I must confess I was not the least surprised at the slave's poor standard of servitude. This was a recipe for disaster. It is absolutely vital to maintain the Mistress/slave differential at all times.

After two hours with the slave he went home with his horizons considerably extended and a very long letter to his Mistress. Additionally he sported a very sore ass. I actually assessed him as having very good slave potential.

What I want from a slave is, instant obedience, humility, reverence, respect, adoration, and evidence of his acceptance of his obligation to serve based on a degree of anxiety or fear of punishment. Anything less than this is unacceptable.

This sort of training and humbling is serious slavery but I am assuming that this is what the reader is desirous of achieving. If not she probably would have put the book down by now.

A Mistress should never tell a slave that he may do as he wishes. If she does not require the services of her slave for a while she should put him to the floor, send him to his room, chain him up somewhere or lock him in his cage (yes I do have one). The slave must learn that, if he is sent to his room he may not do anything at all unless he has begged permission. He may be permitted to read, listen to music etc but not until he has the permission of his Mistress. This way he quickly learns that he is under her control, totally and continuously even if he is not in his Mistress' presence.

It is important to understand the psyche of the male slave if one is to successfully train one to serve you properly. If the slave is late in performing an act of servitude, (serving morning tea say) and the Mistress lets it pass the slave will think that he can get away with being late. He will think that it is not important to be on time. If the Mistress lays down the law and states that the tea will be served at exactly 8 am and that he will get one stroke of the cane for every second he is late then he is unlikely to be late more than once. If he kneels incorrectly and the Mistress fails to correct him he will always kneel incorrectly.

Another friend of mine spoke recently of her slave complaining that she had caught him one evening not wearing his chastity belt. She went out to work leaving the slave at home with work to do. On the day in question she returned early and discovered that her slave had released himself from the belt as he knew where she kept the key. It transpired that he frequently did this, always putting the belt on before his Mistress arrived home. Obviously she was furious but she complained to me that she thought the slave should have kept the belt on because he wanted to. I had to point out that a thoroughly trained and subjugated slave does many things that he does not want to do because he is a slave and he has to. Given the chance, any slave will do his best to avoid the things he does not like and permanent chastity, orgasm denial is one of these. She saw the point and now keeps all the keys in her purse.

What I am really trying to illustrate is that a Mistress will get the quality of slave she insists on. So thorough training, setting out in exacting detail what is expected of him is what is needed to produce the perfect male slave. This

should be backed up with severe and instant punishment every time the slave gets things wrong or shows the slightest lack of effort or any disobedience. A few weeks of exacting training along these lines will work wonders with any slave.

Speech Training

The slave should be taught that only certain words and phrases are acceptable when he speaks to his Mistress. The slave should never refer to himself as 'I'. 'Your slave' or 'it' is more fitting. The slave should always use the formal mode of address 'Mistress' at least once in every phrase it utters.

The slave should always seek permission to speak before addressing his Mistress. After punishment is an ideal situation for a slave to demonstrate his submission.

- 'Please Mistress your slave/it begs permission to speak' is appropriate.
- 'Please Mistress your slave thanks you for punishing it for its failures. It begs permission to kiss your feet Mistress'.
- Or 'Please Mistress, it humbly apologises for its inadequacy'.

If I ever wish a conversation with the slave I will initiate one but it will always occur with him in a position of subjugation. I may even ask his opinion on some matter but I never place the slave in a position where he might get even the slightest idea that he being treated as an equal so he is never allowed even to make eye contact except in public.

In his response to questions the slave should be trained always to begin his replies with the phrase 'Please Mistress, your slave thinks.....' or 'Please Mistress it thinks'. It is difficult subsequently for a slave to inject a note of insolence or disrespect in his reply.

If the slave has been permitted to ask a question or to attend to its needs he should similarly be trained to thank the Mistress for her decision.

Phrases such as; 'Thank you Mistress', 'Please Mistress your slave thanks you for your decision' and 'Please Mistress it thanks you for your decision' are appropriate whatever the decision of the Mistress and maintain the correct attitude of servility.

12

POSTURE & POSITIONS

Generally a Mistress establishes several positions for her slave to adopt and they are useful for effectively managing her slave. As in all aspects of training, the slave positions are used to enable the slave to better serve, obey and please his Mistress. Few things define the slave more than slave posture and positions.

Slave positions are often used to:

- Allow him to show his submission and devotion
- Force him to concentrate on his position and body
- Give him a feeling a helplessness and remind him of his status as a slave
- Assist in him training by establishing a controlled behaviour
- Punish him or assume a position for punishment
- Examine his slave's body, often as in inspection
- Easily have sexual access to his body
- View his body for pleasure
- Help a slave learn patience
- Make him available for public display or to show off to others

The usefulness of slave positions in the managing of the slave's actions and making life easier and simpler for the Mistress is often overlooked. With one word or hand gesture a Mistress places a slave in a position that is useful and or pleasing to her and reduces the amount of instructions that are needed to direct his actions.

In addition, the use of positions will assist a Mistress in making behavioural modification. Positions create in his mind a feeling of helplessness to control the position and movement of his body. His behaviour is controlled by his Mistress and this reinforces training. He can only change positions when his

Mistress gives him an additional command to do so. It also conditions him to move and act at his Mistress's command.

Inspection positions are used to inspect or examine the slave's body. This includes not only his skin, but his mouth, ears, cock, balls and anal area. Inspection positions are also used to insure proper hygiene, examine bruises from punishment, insure he is following shaving instructions, and reinforce in his mind that no part of his being is private from his Mistress.

Instruction positions are positions that are used for training a slave. In other words, when the Mistress places a slave in an instruction position, he knows to focus on her commands and or instructions intently. I use the verbal command 'LEARN' and when a slave hears this command he knows to assume the 'Kneel' position and direct his entire attention to what I am saying because my intent is to instruct him.

There are also several positions that are painful to hold for a long period of time and some Mistresses use them for punishment or to train a slave to focus on following orders.

The slave's body is for his Mistress's pleasure. Sexual positions are taught to the slave so he can better serve her sexually and in a way she wishes.

A slave is not always in use by his Mistress. During the times he is not used he may be assigned a place and position to assume until needed again. With proper training, the slave learns to be patient while awaiting his Mistress's next command.

Positions can be used simply for art or beauty. If a Mistress enjoys viewing a slave in a particular position, he is pleasing her by just assuming that position for her viewing pleasure.

Some positions are used to display a slave in public and to show how well he is trained. These are used, more often, if the Mistress is a member of a structured Femme Domme group.

When a slave is ordered to assume a position, he should do it quickly and gracefully and without questioning the reason.

The Mistress should appraise the position frequently and inform the slave of any displeasure. He will then apologise for disrespect. 10 strokes of the cane should suffice before he is again ordered to adopt the position. This way the slave soon learns that his Mistress knows what she wants and means what she says.

How many positions the Mistress wishes her slave to adopt will obviously vary according to personal whim but I will include a few basic positions I would expect any slave to know.

KNEEL - on knees - feet together - knees very wide - back straight - shoulders back - chest forward - belly in - arms folded tightly behind back - head bowed - eyes down. This is the slave's standard position to receive instruction or speak to the Mistress.

Voice Command – 'Kneel'

Hand Command – open hand moved down with fingers together

STAND - stand - legs very wide apart - head bowed - eyes lowered - arms folded tightly behind back - chest out - belly in. This is the normal standing position and prelude to slave bow.

Voice Command - 'Stand'

Hand Command - Open hand moved up

SIT - Indian style on the floor - knees bent - soles of feet together - palms on knees - back straight - head up - eyes slightly down. This command can be used if slave permitted to watch TV say. Could possibly be allowed to rest back against an object

Voice command - 'Sit'

DOWN - lay on stomach - forehead to floor - arms above head - legs spread. This is the slave's normal position when not being used by the Mistress.

Voice Command – 'Down'

Hand Command – One finger point to floor

LEARN - As kneel position but with head up - eyes lowered

Voice Command - 'Learn'

INSPECTION - stand legs wide apart – chest out - belly in - hands locked on top of head - head up - eyes down

Voice Command - 'Inspection'

PLEASURE - As LEARN position - tongue out - ready to please Mistress
Voice command - 'Tongue'

These positions are probably the minimum number a slave should learn. But of course there are many more an imaginative Mistress may devise for her slave to learn. It is a good idea to assign numbers to some of them and it is an excellent training technique to make the slave remember the numbers. The Mistress could of course have a card as an Aide-mémoire.

Slave Movements

The normal method of movement for a slave in the presence of his Mistress is on hands and knees with his nose brushing the floor. The slave must learn to accomplish this crawling both forwards and backwards. Objects carried should be held lightly between the teeth unless they are heavy.

When a slave bows he must bend forwards from the waist until his head is lowered to the level of his knees. This must be accomplished even if he is holding say a glass filled with wine. If he is on his knees he bends forwards and places his forehead on the floor.

When a slave is dismissed he should crawl backwards until out of sight of his Mistress. If he is standing (because he has something to carry) he should walk backwards, eyes lowered, until he is about to leave her sight, at which point he should bow.

13

ROUTINES

These are an excellent way for a Mistress to train her slave in the performance of routine tasks. Such routines could include:

- Waking the Mistress and early morning tea
- Serving breakfast
- Bathing routine
- The serving of occasional refreshment
- Serving and attendance at meals
- Keeping Mistress's shoes clean on a daily basis
- Making Mistress' bed
- Watching television
- Greeting Mistress
- Acknowledging presence of Mistress
- Foot licking and toe sucking
- Body worship
- Toilet duties
- Ironing clothes
- Washing laundry
- Cleaning up after meals
- Cleaning the house
- Putting Mistress' clothes away and attending to her wardrobe
- Pleasuring the Mistress
- Behaviour in public
- Acting as Mistress' chauffeur
- Late night routine, Mistress going to bed.

The list is endless but in order to make life easy for the Mistress and not a boring procession of tedious decision making to control the slave, each of these routines can be ingrained in the slave's mind through training. It will require something of an effort at the start but they can be taken one at a time. Once trained the slave will have his normal day to day routine mapped out

and all the Mistress needs to do is see that he follows it. The more of these standard ritual acts of servitude she imposes the easier the day to day life of the Mistress will be.

Initially I looked at each service I wanted my slave to perform and set it down on paper; as much for my benefit as his in case I left some detail out. When happy with the detail I gave it to the slave to learn and made him practice. Each time he got anything wrong I caned him until he could perform the service exactly as prescribed. Of course he got things wrong lots of times and I caned him every time. So he soon learnt to get it right. This is training without concession and once completed the Mistress can enjoy a very relaxed lifestyle indeed.

I will not insult the reader's intelligence by going through each of these routines one at a time. I am assuming that she is an experienced Mistress coming to this book perhaps after studying other introductory works on the subject of Female domination and knows what she wants from her slave. Suffice it to say that the slave needs to have his programme of servitude mapped out so he knows exactly what his duties are, what is expected and when he must carry them out.

For example my slave knows that after making my bed his next duty is to examine all my shoes and ensure they are clean and polished. This is a daily duty. He knows that after serving a meal the kitchen must be left clean and tidy. There can then be no excuses if the instructions are not obeyed.

However I will provide the reader with a few of examples from the list to illustrate the detail I expect the slave to absorb in his training.

My slave

Early morning routine:

Unless instructed otherwise the slave must wake me and serve tea at exactly seven o'clock. At precisely five minutes to seven my radio switches on and he enters my bedroom wearing a hood. I expect him to be waiting outside to enter at exactly the correct time. If he is late he gets one stroke of the cane for every second he is late. He places the tray on the floor and wakes me by kissing my feet. He then kneels beside the bed until the time signal at seven when he picks up the tray and stands to attention at the side of the bed facing

me. At the start of the time signal pips he bows. At the end of the pips he stands upright again and drops to his knees spreading them wide before they touch the floor. The tray is held at the height of his chest until I have finished my drink and replaced the empty cup on the tray.

Finally he prostrates himself on the floor beside the bed.

Acknowledging Mistress' presence

I expect my slave to abase himself and show proper respect at all times in my presence. Therefore when I enter the room where he is working he must instantly drop to his knees, spreading them wide and bowing his head to the floor with his arms outstretched towards me. If I order him to kiss he must crawl forward keeping his nose to the floor and kiss my feet before returning to the position of submission. If I leave the room he remains in position until I am out of sight before resuming his duties. If I remain and click my fingers he continues with his duties.

When summoned to my presence (I use a bell) I always note how long it takes him to report. He has ten seconds only to be at my feet in the same position of submission. Once within sight he must crawl with his nose to the floor. He bows from the knees and kneels in submission.

Any lateness is punished (one stroke for every second late). It is part of his duty to see that there is always one cane and one whip by my side for this purpose.

Greeting me on my return home

I am always home by 6pm but the slave must be ready to greet me at any time after 5.30 so he must be looking out after that time. He will be waiting on his belly in the hallway when I open the door. He crawls forward to kiss my boots and takes anything I may be carrying. Then he prepares and serves a cup of tea. Whilst I drink the tea he removes my boots after first kissing them and then he kisses my feet which he then massages until order him to stop. He then prostrates himself and waits for instructions.

Bedtime always follows the same routine: The slave turns back the covers and kneels beside the bed. When he has replaced the covers over me he presents the demerit book and enters whatever I award. He then apologises

for failures during the day, thanks me for award of demerit points and places the book in the drawer. Finally he assumes the position of submission ready for sexual use.

To some these may appear unnecessarily complicated and fussy but it illustrates the amount of detail required in the training of a slave if he is to serve you as you wish. There is no room for the slave to decide for himself and this is the key to successful training. My slave knows that he will get one stroke of my cane for every second he is late in performing any routine for which I have stated a time requirement. It goes without saying that he is now very rarely late.

The well trained slave will know exactly what his Mistress' requirements are for each of the duties and acts of servitude in the list above. Clearly it will take quite a while for this level of training to be completed but I can assure you it really is worth the effort. Once fully trained the slave will serve his Mistress exactly as she demands with no room for failure. And once this stage has been reached life will be very easy and relaxing for the Mistress.

14

DEMERIT MARKS

Most Mistresses I know want life to be as easy as possible. The reasons for owning a slave are many but making the Mistress' life easy is near the top of the list. Some sort of record of the slave's performance is desirable and it must be the slave's task to produce it. One possibility is a punishment book recording punishments awarded and the reason for their award. Whilst this might make interesting reading it serves no other useful purpose and it use often lapses after a time.

Another idea is a system of demerit points. At any time the Mistress may award these points if she is in any way dissatisfied with her slave's performance. These are then entered in a book by the slave and a running total recorded. The system can be used to determine any rewards the slave might get for good service. I am not, in principle, in favour of rewarding a slave for good service as I expect good service. I punish for bad service but rewards can be a good motivating device for a male slave. The prospect of being allowed to masturbate to orgasm is a powerful incentive which should be exploited.

The points system can also have a marked improvement on the slave's behaviour in public, a situation where he often forgets his status in life. The slave will know that his servitude is being monitored and assessed in the presence of others without any sign of it happening and any word being spoken. The Mistress can award the points next time she and the slave are in private.

The advantage of this type of record is that it serves a useful purpose and the slave must ensure that it is completed each day. It is in the slave's interest to see that it is completed. He might get a reward!

At the end of the designated period (one week or one month) the slave should present the demerit book to the Mistress. She can then decide what corrective action is required to encourage the slave to improve his servitude.

My slave

Any infraction, lateness, hesitation to obey, lack of attention to routines, lack of respect, etc earns him 10 points. Initially he notched up well over 200 in a month; no orgasms then! Now that he is trained he usually earns between 80 and 150 a month so he still has to be very careful and very submissive and very humble if he is to get any sort of relief at the end of the month.

As part of his bedtime routine he kneels beside the bed with the Demerit book between his teeth. I inform him as to the things I am not pleased with and announce the points awarded. When I click my fingers he enters the points in the book and tells me how many he has so far that month. He then thanks me for my assessment, places the book in the drawer beside the bed and assumes the 'please me' position of presentation for sexual use.

If he forgets to present the book it is an automatic 10 points. Indeed forgetting any regular duty incurs the same penalty in addition to any punishment I may give him.

At the end of the month I inform the slave of my satisfaction or otherwise with his performance and set aside a time for corrective action. This is usually some kind of extended punishment depending on the number of points accrued. Examples include:

- Only water to drink for several days
- Crawling on belly instead of hands and knees for 24 hours
- Short hobble chain for 24 hours
- Gagged for 24 hours
- Drinking from his bowl like a dog for 24 hours
- permission to go to toilet granted only at certain times
- Extended whipping (one stroke for each point),etc.

15

MEAL TIMES

The preparation and serving of his Mistress' meals is one of the primary duties of a slave and one where he will be expected to demonstrate adherence to strict routines to demonstrate his subjugation and humility.

Breakfast for the Mistress will almost invariably be served in her bedroom and the slave must be ready to serve at the time required. He will have to rise early and allow sufficient time for preparation so that he is waiting outside the bedroom to enter at exactly the correct time. There can be no acceptable excuses for lateness in this respect. Whilst the Mistress eats her breakfast the slave can be setting out her clothes for the day if he has been given instructions, running a bath or simply kneeling or bellying to the floor beside the bed. The slave should be attentive and ready to remove the tray when his Mistress has finished.

It is axiomatic that the slave eats after his Mistress and if she is going to leave him at home and go to work, as I do, then this will be when the Mistress has left the house. If my slave is coming with me to the shop he eats in the kitchen after serving me.

If the slave is good at cooking then he can be responsible for the preparation of all meals. My experience and that of my friends is that slaves can be trained to prepare and cook basic meals and follow simple instructions but for more complicated recipes they need supervision and sometimes the Mistress will need to prepare the meal herself.

A slave preparing a meal in the kitchen must keep a sharp ear as he may be summoned by his Mistress to serve an aperitif. Preparing the meal is not an excuse for tardiness in reporting in this case.

The Mistress' table must be prepared as she likes it and when the meal is ready to serve the slave must report this to the Mistress in the way she has prescribed.

Mistresses may wish the slave to adopt a certain position whilst she eats, on his belly, sometimes beneath the table, possibly licking her boots. The choice is hers.

When she has finished she may snap her fingers, the slave will stand, bow and clear away before serving the next course. She may require more wine etc and the slave must be attentive to her needs at all times.

When she has finished he will stand, hold the chair as she leaves the table and, if she has said nothing, follow her and assume the submissive position to await orders. The Mistress may of course issue instructions before leaving the table.

In order to maintain the Mistress/slave differential the slave should never be permitted to eat under the same conditions as his Mistress. For me this means that he eats from a bowl, kneeling on the floor and is permitted one item of cutlery, usually a spoon. If the Mistress wishes the slave to eat at the same time as she then he should never be seated at the Mistress' table. It is perfectly possible to have a conversation with the slave on the floor and there is no risk that he will get ideas above his station and forget what he is.

When the slave eats after the Mistress he will have to get used to eating food which is cold or nearly so. A slave's food should never be warmed up as this would indicate consideration for the slave's preferences. The eating of freshly cooked food which has cooled is quite appropriate and sends all the correct messages to the slave.

This idea of constantly sending consistent messages to the slave that he is inferior and therefore subservient is very important in his continued subjugation. The worst thing a Mistress can do is to send conflicting messages and relax the differential. It is normal for the slave to clear up and tidy the kitchen after meals without instruction as part of his daily routine.

If the slave is required to serve meals when other Mistresses and possibly slaves are present then it is conventional within FD groups for each Mistress to be served by one slave but not necessarily her own. It is quite common for Mistresses who are members of a group to swap slaves for domestic service, though it is very rare to do so for sexual service.

If he is well trained and attentive a slave serving another Mistress in this way will quickly adapt to the Mistress' ways as it is likely that he will receive punishment if the Mistress is not fully satisfied.

If the guests in the house are not aware of the Mistress/slave relationship then the servitude must be more subtle but still evident to the Mistress. For example the slave will never be seated if his Mistress is standing, he will never begin to eat before his Mistress has started, he will be attentive and helpful throughout the meal and indeed for the whole time the guests are present. He will be aware that any dissatisfaction on the part of his Mistress will earn him demerit points and possibly an instant punishment when the guests have left.

Obviously exactly the same thing applies when eating at other peoples homes in both examples and when eating out in public. One obvious control technique is for the Mistress to choose what the slave will eat in public. This can be done in subtle ways so that other people round the table are not aware.

My slave

My slave enters the room, kneels up, bows and assumes the submissive position. He begs permission to speak and informs me of his readiness to serve the meal. If I snap my fingers he bows once again, crawls from the room and takes position behind my chair. As I approach he bows and holds the chair whilst I sit down (It is appropriate for my slave to bow low both before and after any act of servitude).

The meal is served together with any wine etc and the slave then kneels beside the table with his head bowed. He is expected to be attentive and remove my empty plate and serve desert and coffee without instruction.

If I am preparing the meal by myself the slave attends in the kitchen keeping out of my way unless I wish him to carry out some task. He is usually capable of finishing off the cooking and then the procedure is much as before.

16

PUNISHMENT

Many a would-be slave has been surprised to discover that a caning really hurts; in fact that discipline really hurts. A cage is also no fun to spend time in. The excitement of the cage wears off very quickly since it is very boring and uncomfortable. Therefore pain is a very effective correction tool as is the feeling of boredom and being ignored and locked in a cage. The slave who has agreed to his non consensual slavery will know only too well that discipline will be a key feature of his servitude and that he must submit to whatever discipline the Mistress imposes. It will be painful; at times very painful but he has no right of dissent.

A true slave will strive at all times to please his Mistress mindful of the suffering he will endure if he does not. This is the only true motivator and perfection cannot be achieved without it.

A Mistress requiring the ultimate in slave servitude therefore need show little concern for her slave's misery when she punishes him. On the contrary if she does she will never achieve the satisfaction of being served by a slave striving to please her as only a true slave can.

She should understand that the pain itself is short lived but, hopefully, the lesson will be long remembered.

The other keynote is consistency. A slave subjected to a consistently severe regime of discipline will learn far more quickly and perform better than one whose Mistress's standards and demands vary. It must never be viewed as tedious for the Mistress to monitor her slave's service. Indeed if it is he will get away with poor performance much of the time and ultimately the Mistress will become totally dissatisfied. At the end of the day avoiding punishment is in the hands of the slave, (as far as it can ever be).

Some of my married friends were, at the start, reluctant to punish their 'husbands'. My main advice to women is that they should understand, really

understand and embrace the fact that the pain they inflict on their slaves will fade very quickly so they shouldn't fear inflicting it. A man is not made of glass. He will not shatter. Stubbing a toe hurts but a minute later the pain is gone, almost forgotten but you have learned to avoid the table leg. So why fear giving a slave the discipline he needs when the pain is momentary? It is the long term lesson that matters.

For instant punishment the slave should be taught to adopt a suitable position. I personally have just a small number of formal positions for the slave but an instant punishment position is one of them. The slave stands, legs wide apart, bends forward at the waist and touches his ankles. His knees must be perfectly straight. For convenience the Mistress can assign a number to slave positions. If she says the number the slave immediately adopts the correct position.

Canes or crops are suitable instruments for instant discipline and the position described is the most suitable for these implements. Hard objects such as canes, crops, birches etc should only be used on the fleshy parts of the slave. These include buttocks, backs, fronts and insides of thighs. They really should not be used where there is only a thin covering of flesh over the bones, Generally speaking the greater the fleshy covering the greater is the force that can be safely used. The hips, back, sides and front of the torso should be left for more flexible implements such as whips and tawses.

For a quick instant punishment ten strokes of the cane on buttocks and thighs should suffice. If the Mistress wishes a longer punishment it is advisable to warm up the flesh with a crop or paddle which will prepare the slave for many more strokes over a period of time. Most slaves could not take fifty strokes of the cane hard on the backside without crumbling but if you warm him up first it is entirely possible over a protracted period of time.

It is important in early stages of training to punish for infraction of rules, for lateness, for slackness in posture, for lack of attentiveness. As the slave becomes better trained the frequency of such punishments should gradually decrease. But it is often the case that even a thoroughly trained slave will occasionally fall short of the expected. It is then important to remind him with the cane etc that you expect a high standard to be maintained. This is one of the chores of being a Mistress but the stricter she is the less of a chore it will be in the long run. Most slaves will be naturally lazy if allowed to be. So if the Mistress ever notices a lack of effort to say adopt the correct

posture when kneeling or bowing etc he should feel the cane and quickly. The slave will soon learn that nothing but the highest standard of servitude will be tolerated and life becomes easier.

Punishments do not have to be applied only with the cane though it is a good idea to include its use in some way for all infractions. It is also possible to apply other effective punishments which are very unpleasant, make life more gruelling for the slave and teach him a lesson he will not forget.

For example:

For any sound from the slave's mouth that I don't want to hear, (back chat, lack of respect, excuses for poor performance etc):

Gag for 12 hours. This means no food but perhaps one drink of water for 12 hours if I am kind!

For lack of attention to posture:

- Crawling on belly for 24 hours
- Heavy weight hanging from genitals for 24 hours
- Short leg spreader attached for 24 hours
- Nose linked to nipples with short chain for 12 hours
- Cock tip chained to nipples for 12 hours
- Weights on nipple rings for 12 hours
- For failing to serve properly at table:
- Bread and water diet for 24 hours
- Cold liquefied food only for several days

For failing to please me sexually:

- Butt plug for 24 hours
- Thong with itching powder or nettles worn for one hour (or more!)
- Toilet privileges just 3 times a day
- TENS unit connected to genitals for one hour or more!

These punishments are ongoing and do not interfere in the slave's duties at all.

Other punishments:

- Restrained in bondage overnight on the floor
- Head harness and gag overnight
- Chained by the nose overnight unable to lie down
- Caged overnight or for a whole day

The Mistress should remember that painful unpleasant punishments are the result of failures and omissions on the part of the slave. If he is suffering it is entirely his fault and the more he suffers the more likely his performance will improve.

My slave

After fifteen years of service my slave could be considered well trained as indeed he is. However this does not mean that he is immune from punishments. The standard of service I expect is now that much higher and I am now far more critical of him than I was at the start. So I continue to monitor his servitude and punish him severely for the slightest deviation from set routines, the slightest hesitation in obedience, the slightest failure to adopt correct posture, the slightest lateness and the slightest lack of attentiveness.

I have used all of the above mentioned punishments. They are tried, real and severe, not Domme/sub games. They represent the penalty my slave has paid for failing to please his Mistress. They are all quite harmless but exceedingly unpleasant for the slave. Life has not become easier for him and it keeps him on his toes so to speak.

17

PERSONAL SLAVE DUTIES

The personal duties of a slave encompass all those services and attention to the Mistress herself which are overtly not of a sexual nature. These will include bathroom duties, pampering, massage, combing hair, nail treatments, dressing and undressing etc.

A slave should be trained to attend to the needs of his Mistress when she baths or showers. In the bath he can soap and rinse her body. He should be trained to dry her following bath or shower and to dry her hair.

Following a bath many Mistress will wish a massage to complete the process of relaxation. I sent my slave on a massage course and he is now very adept at releasing the stresses of a hard day at work. For the more sensitive areas the slave can be taught hand and tongue massage which is particularly pleasant when applied to the breasts and buttocks. And for the feet there is no more pleasant sensation than to feel the lips and tongue of the slave as he kisses the feet and sucks the toes.

The slave should be taught exactly how these services are to be carried out so he has a routine to follow. A single word of command will then bring endless pleasure to the Mistress; the slave continuing with his administrations until ordered to stop.

The application and removal of nail varnish and the trimming of the Mistress's toenails are other tasks that should be assigned to the slave. There is absolutely no reason why a Mistress should have to indulge in such mundane and routine tasks.

Some Mistresses like to be dressed and undressed by their slaves and if this is their wish then the slave should be taught exactly how this is to be done. Personally I prefer my slave to touch me only when performing a service of homage. He does however set out my clothing on the bed whilst I shower in

the morning and puts it away when I change or undress at night. Any soiled clothing goes in the linen basket carried by the slave in his mouth.

A Mistress with long hair will probably wish her hair to be combed and this can be assigned to the slave as part of the night time routine.

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DOMESTIC DUTIES

One obvious advantage of owning a slave is removing some of the everyday drudgery of life. Jobs such as cleaning, laundry, ironing, changing linen, gardening etc can all be done by the slave. The ideal situation is where the slave does not go out to work but this is obviously not be possible in every case. Whatever the situation that pertains the Mistress should map out the slave's work each day always remembering that he probably cannot do hard physical work for more than about eight hours a day.

This could be done on a weekly basis where the slave has a daily routine covering all necessary tasks for the week. A weekly schedule which the slave adheres to is a good way of organising his work and means the Mistress does not even need to think about these menial tasks on a daily basis. It should be provided for him in writing and all the Mistress then has to do is inspect the work and assess the slave's performance. Punishments and/or demerit points can be awarded accordingly. It is a good idea to allow the slave some rest periods during the day so that he is fresh and able to serve properly when the Mistress returns from work. I have considered this scenario primarily as it is close to mine. I am a businesswoman with my own business and often come home very tired from work. I expect the slave to greet me clean and sweet smelling having showered, and to be ready to attend to my needs.

It would be normal for the slave to hand wash the Mistress's best underwear rather than use a machine and the Mistress should identify all items to be treated thus.

When it comes to other non regular tasks the Mistress should inform the slave what she requires to be done and the deadline by which the slave must complete the task. If the slave identifies any problems with this it will be his responsibility to beg permission to voice these for the Mistress to consider. Having considered the slave's petition, the Mistress's decisions are obviously final.

An exactly similar regime can exist where both Mistress and slave are at home for most of the time. However now the Mistress can monitor the slave's work more closely and the slave is available to be summoned to attend to the mistress's additional needs. The slave should learn that he may be summoned at any time no matter what he is doing and that he is expected to report promptly without keeping her waiting.

Once the morning meal has been cleared away and the kitchen tidied the slave should report to its Mistress for task assignment. On completion of the task the slave reports again, begs permission to speak and confirms that the task is completed. This process can continue for as long as the Mistress wishes.

Working the slave in this way frees the Mistress to do other more enjoyable things. She should have a means of summoning him so that she does not need to interrupt what she is doing if she requires a drink, snack etc. If she decides to go out she can make the slave continue with his work or chain him up.

However I prefer the written schedule myself even when I am at home. One of my friends has a number of daily schedules on her computer. Each day she informs her slave when he serves her tea which one to apply. Easy, as it should be, job done as it were for the Mistress at least.

Where both Mistress and slave work away from the home things will obviously be different but it is still a good idea for the Mistress to impose certain regular daily tasks for the slave in addition to attending to her every need on their return to the home.

My slave

- An example of daily routine. Monday
- 07:00 Wake Mistress, early morning tea.
- 07:15 Serve breakfast
- 07:30 Set out Mistress's clothes, Mistress shower
- 07:50 Assignment of additional tasks for the day
- 07:55 Say goodbye to Mistress

- 08:00 slave breakfast, clear and tidy kitchen.

As required:

- Make Mistress's bed, tidy bedroom
- Clean Mistress's shoes
- Clean Mistress's toilet
- Clean Mistress's bathroom
- White wash laundry
- Hand-wash Mistress's underwear
- Rest period
- slave lunch
- Clean refrigerators
- Vacuum , clean and dust lounge
- Prepare food for evening meal as directed
- Rest period
- Slave shower
- 18:30 Greet Mistress on her return, serve tea, foot massage. Prostrate position to await instructions.

The duty lists each day are different, ensuring that all routine cleaning and tidying tasks are carried out every week. It is not a good idea to set the slave so many tasks that it is impossible to complete them properly. Rest periods should be built in. A Mistress returning home after a long and tiring day does not want to find a worn out slave. Instead he should be fresh, recently showered and sweet smelling and ready to serve his Mistress for the remainder of the day.

If I am out of the house I always secure him with a long chain attached to a central point which allows him enough freedom to carry out the tasks assigned. The other end of the chain is locked around the base of his genitals behind the ring; better that chaining him by the collar and the chain is not constantly getting in the way as he works. This is good psychology. There is a constant reminder of his bondage to me. A wire cutter is always available should an emergency arise. I assign tasks which I think should take him about four hours of fairly intensive work which leaves him some time to rest during the day.

When I return home in the evening he must always be freshly showered and prostrate on the floor to kiss my boots as I enter the house. He removes the boots, serves a mug of tea and then massages my tired and aching feet for about fifteen minutes. This is a daily routine for which no orders need be given. I then inspect his work, noting any discrepancies. I return to the lounge and give my assessment of his work. If necessary the slave apologise for any omission, mistakes or lack of effort. Any one of these usually means the slave does the task again if this is practical, after receiving a suitable number of strokes with the crop. It is the slave's duty to ensure that there is always a crop or cane handy for instant punishment wherever I am in the house. I make a mental note of demerit points to be awarded later or I may order him to get the book and do it then and there.

I run a boutique and the slave usually works at home though occasionally he will work in the shop if we are busy with orders, stocktaking etc. in which case the daily routine is suspended. When I do work him in the shop he wears a neck chain with padlock. This is humiliating for him and I am sure that some of my customers have guessed the nature of our relationship though I doubt if they know the full reality.

This is a public situation and I expect covert subservience and complete obedience.

Update.

Now that I have retired I am spending much more time with my slave. Morning routine now includes an inspection of the slave's body; there must be no hairs anywhere. I can also spend more time monitoring the slave as he performs his daily routine tasks. Additionally I have many opportunities for friends to visit or opportunities for me to visit them. For fiends 'in the know' the slave usually accompanies me on these visits.

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SEX SLAVE DUTIES

There is no better experience for a Mistress than being orally pleased by an attentive slave tongue whilst he is locked up in total denial, unable even to get an erection, and knowing she can keep him there for as long as she likes. The intensity of sex for the Mistress will surpass most experiences and this is heightened for the Mistress knowing that she has total control over her slave's own sexual experiences. I think there is no more exciting sight than a slave kneeling at the foot of my bed, tongue extended ready to please his Mistress. He invariably has a large butt plug in his rear. I often keep him there, savouring the pleasure to come and wondering what goes through his mind knowing he must please me for as long as I like whilst I deny him all sexual pleasures.

The slave should learn that in every act of sexual servitude he must perform exactly as required with a minimum of orders, thus allowing the Mistress to relax and enjoy the full extent of his ministrations.

He should be trained in the sexual arts that please his Mistress. He must understand that his purpose is to fulfil all the sexual desires of his Mistress and provide the most erotic and pleasurable sensations it is possible to imagine. He must also understand that he is merely an object to be used in any way his Mistress requires for her sexual gratification and pleasure. Therefore any desires he may have are of no consequence. Neither is his comfort and he will be expected to perform at any time for as long as his Mistress demands. Whether restrained in restrictive bondage, spread wide with a large butt plug or suffering with electro torture of his cock or a bunch of nettles in his groin he must learn that nothing less than maximum effort to please will be acceptable and punishment will follow if the Mistress is not completely satisfied with this most intimate act of servitude.

Most commonly this consists of the slave using his tongue to stimulate the clitoris and to probe deeper into the Mistress' vagina thus bringing her to

orgasm (cunnilingus). The slave may be required to use his hands or tongue to massage any part of his Mistress' body and he should learn how to please his Mistress in this way. The Mistress may also gain much pleasure from having the slave lick gently her pudendum and perineum, deep between her thighs, either as an act of worship in itself or as a prelude to cunnilingus or simply as a lovely way to relax.

The slave tongue must be trained to stimulate the Mistress according to her mood. If she requires the ultimate pleasure it must be properly extended and held firm to provide the deepest sensations for the Mistress and he should be made to respond to signals e.g. 'slower', 'faster', 'higher', 'lower,' 'firmer tongue', etc. Now that I have the remote controlled butt plug I can send these orders with a press of a button and do not even have to utter a word. The slave should be given detailed instructions as to the routine to be employed for providing this ultimate pleasure. The Mistress can then relax and enjoy the sensations.

To massage the perineum the slave must develop different techniques; long slow strokes with the tongue interspersed with light flicking movements can be very erotic. Here a lighter touch of the slave's tongue can be much more pleasurable. Once again orders can be given so the slave knows to lick lower, deep between the thighs or direct his attention more widely to the pudendum as a whole. The slave must understand that his task is to worship and pay homage to the superior sex, to relax and pleasure his Mistress and titillate her, not to bring her to orgasm.

There are a number of techniques which the Mistress can apply for her slave to provide these pleasures:

- Mistress lying on the bed, slave between her thighs
- Slave lying on his back with the Mistress straddling slave's head
- Chair with hole or slot cut for kneeling slave to pleasure his seated Mistress
- Mistress seated with slave kneeling in front of the chair.

Which are used is a matter of choice though I do not personally have a specially prepared chair. But for the Mistress who likes to use her slave frequently in this way, other than at bed time I suggest ringing the changes for a bit of variety. It is important that the slave learns that he may be used at any time, day or night and with any frequency rather than think that there

might be a regular routine. Thus I will often summon my slave in the middle of the night if I wake and cannot get back to sleep and order him to assume the position even though he may have pleased me a few hours before when I went to bed.

Another technique which I do like is to fit the slave with a double ended penis gag. One end goes in his mouth; the other is for my pleasure. It is particularly humiliating for slaves to be used in this way with a symbolic male phallus in his mouth, knowing his own organ will never be used thus. Once again commands can be given to the slave such as 'longer', 'shorter', 'faster', and 'slower'. I use the remote control device now so it is merely a matter of pressing the button.

With all sexual servitude the slave should be trained to keep his tongue or the phallus in position if he is ordered to stop and not to withdraw. The Mistress may wish him to resume his efforts after an interlude.

A well trained slave will be aware that it is his duty to apply his tongue in the worship of all parts of his Mistress' body. The one exception which I feel should be taboo is The Mistress' anus. I know of several of my friends who make their slaves do this but one should be aware that unless the Mistress has recently washed there is a considerable health hazard in this practice and personally I would get no pleasure from it at all. However I am very happy for all other parts of my body to receive the attention of my slave's tongue.

If the Mistress wishes to have her anus licked by a slave placed on his back he should be trained to lick as soon as the Mistress straddles his head and to continue until she raises herself or orders him to stop.

Many Mistresses seek to train their slaves to be anally receptive and it is particularly humiliating for a male slave to be used in this way. It can be unwise and possibly dangerous to force a large object into a slave's anus which is not properly conditioned so regular and extended training with a butt plug is essential to 'open the slave up' thus allowing him to accommodate larger and larger plugs.

Devices which can be used are:

- Strap on dildo resembling male phallus
- Butt plugs of various sizes

- Inflatable plug
- Electric butt plugs connected to TENS unit
- Electric prostate massager

Any object inserted into the slave's anus must be totally smooth and rounded and must be well lubricated. If the object is to be repeatedly inserted and withdrawn as when 'ass fucking ' the slave then a petroleum based lubricant should be used.

The slave should be trained to assume a position for anal use on command. A suitable position is with the slave kneeling, buttocks in the air, knees wide, nose to the floor. His hands can be folded tightly in the small of his back, placed palms down beside his head or used to spread his buttock cheeks presenting the anus to the Mistress. It is good training to make the slave push backwards when he feels pressure on the sphincter thus impaling himself rather than have the Mistress push the object into him. This is a highly submissive act demonstrating the slave's acknowledgement of the Mistress' right to use him in this way.

Use of the strap on dildo by a Mistress on her slave has done more to liberate women than a whip or paddle ever did. The woman is wielding the former symbol of male superiority. This is sex of the psyches. A rubber strap on phallus gives little or no pleasure to the Mistress unless it is the type of harness that can stimulate her at the same time but the mental pleasure and the mental stimulation, coupled with the power exchange, can provide pleasure almost as great as the physical pleasure. Using a strap on with a male slave is pure mental domination. The former symbol of masculinity is being used against the slave who feels nothing but discomfort and humiliation.

It is entirely appropriate for the slave to be ordered to take the rubber phallus in his mouth and lubricate it prior to assuming the position for anal use. In this case it is essential that the slave applies the petroleum jelly to his anus with his fingers. He can be ordered to prepare his anus for use before presenting himself.

The use of an electric plug can be very satisfying for the Mistress as, once switched on, the plug will move in and out in time with the signal being applied and the Mistress can sit back and watch her slave 'ass fucked' by the plug.

My slave

It is a very unusual day if I do not require sex from my slave at least once. Invariably he pleases me when I go to bed and often more than once. Often if I have trouble sleeping I summon him and he pleases me again. I find it extremely soporific therapy to feel the slave tongue active between my legs.

Sometimes my sadistic side gets the better of me and I get even more pleasure knowing the slave is in pain. It seems his desire to please me is that much more fervent if the TENS unit is connected to his cock. Now I wonder why that is. It is amazing how his tongue springs to life when I turn up the power.

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BONDAGE

To keep a slave in bondage is as important as keeping him in chastity so that he is constantly reminded of what he is. There are two kinds of bondage we should consider. Firstly the irons, chains and shackles a slave should wear all the time and secondly the times when he is tied or chained by the Mistress for a specific purpose, for torture say or for punishment.

The slave should always wear some kind of 'collar' even in public. Additionally, in private, it is desirable that he should wear wrist and ankle cuffs and chains to limit his freedom of movement. My personal preference is for steel manacles but these need to be made to measure so that they are neither too tight nor too loose. For practical purposes steel manacles should be light if the slave is wearing them for extended periods. The idea of a slave in heavy irons and chains might seem attractive but is not practical and will lead to skin abrasions in a short time. When the slave serves in the home he can be fitted with an ankle chain which should be as short as possible whilst allowing him the necessary movement to carry out his duties.

My slave:

In the home wears a 4 cuff and collar set of stainless irons with a 50cm chain linking his ankles. There is another chain around his waist to which his wrists are linked by two further chains, each one just long enough to allow complete movement of the arms. I would always prefer shorter chains which restrict movement but it will not work if the slave is to be able to carry out all the domestic tasks assigned. When the slave is permitted clothes these wrist chains remain and hang inside his trousers; another constant reminder of what he is. In public the collar is replaced with a neck chain and the cuffs and ankle chain removed.

Bondage as punishment

The purpose of punishment is twofold. Firstly it is to ensure, as far as possible, that the occurrence giving rise to the need for the punishment is unlikely to be repeated in the future. And secondly it is to provide pleasure for the Mistress who wishes to make her slave suffer for her amusement. Most male submissives who are slaves of any sort like the idea of bondage. It is a turn on for them. Bondage as punishment however is quite different. It is designed to be unpleasant and painful; something the slave will not want repeated or will look forward to. The most effective form is an uncomfortable position of restraint coupled with the application of pain.

A favourite position of mine is to have the slave with arms bound behind his back bending forward with the arms tied to a hook in the ceiling. This effectively keeps him in the bent forward position. The addition of a leg spreader renders all parts vulnerable to whip or cane if I feel so inclined. But the position imposed for an hour is a considerable trial in itself for the slave.

Another position which can be used for extended periods is to have the slave on his back with his arms tied behind his back and his ankles tied together but not too tightly. Then a thin piece of rope is tied around his cock and balls or just around the scrotum. The ankles are then pulled towards his balls and secured to them with this rope. This is a position of choices. The slave can force his ankles up to ease the pain on his balls but this puts strain on the leg muscles and they eventually tire. The position is more uncomfortable for the slave if he is rolled onto his belly.

The idea of stringing the slave up by his wrists is an attractive one but is only practical if special wrist cuffs are obtained which will take the slave's weight without affecting circulation to the hands. These are available though they are very expensive. In my opinion a slave standing on the floor on tip toes with a leg spreader and his wrists tied or chained to hooks in the ceiling is just as vulnerable and attractive as one swinging from his wrists. This is another position of choices.

A pleasing variation of this position is to have him, arms bound behind his back, leg spreader between the ankles and nipple clamps with chains to ceiling hooks. The chains should be tightened so he is forced up on his toes. This is yet another position of choices. Sooner or later his feet will tire and

his nipples then become stretched even more. Not a position for any length of time this one as circulation to the nipples is very restricted.

One final position which is uncomfortable for the slave is to place him on his knees with his arms bound behind his back, ankles bound together and wearing head harness and gag. The head harness is then chained to his ankles, forcing the head back. The addition of a pole between his arms and his back has the effect of forcing the shoulders back and the chest forward; useful if you think he deserves to feel the whip on his nipples. Not as painful as the other positions I have described it will keep the slave subdued if you do not require his services for some while.

Bondage without strings

With a well trained slave there is no actual need to restrain him with ropes or chains. The Mistress simply orders the slave to adopt a certain position and maintain it until she releases him. This kind of mental bondage is much harder for the slave as there are no ropes etc to maintain the position. Instead the slave must use his own muscles and if the position is uncomfortable even the best trained slave will crumble in the end.

One might start by having him kneel with his knees widely spread, his chest out and belly in, arms locked tightly behind his back and head back so he stares at the ceiling. This is similar to the basic kneeling position but often not properly adopted. An hour in this position will teach the slave to adopt it correctly every time.

Slightly more uncomfortable is to order him to his belly and then to grasp his ankles in the classic hogtie position.

Another position, one which is much more uncomfortable is to have him kneeling as before but with his hands grasping his ankles and his hips thrust forwards and upwards. Even after 15 years my slave cannot hold this position for more than 20 minutes but it is fun watching him try.

Standing to attention with arms stretched out to the side or front soon gets quite tiring for the slave.

The imaginative Mistress will I am sure be able to devise a multitude of positions for the slave to adopt and maintain and the beauty of this mental

bondage is that it requires no effort on the part of the Mistress and the slave can be ordered to provide any service she likes before resuming the position.

Speech denial is an effective form of bondage and the gag is a very much under used item of control. If one does not wish to converse with one's slave there is no reason why he cannot serve with a ball or phallus in his mouth unless of course one wishes to make use of his tongue!

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BODY WORSHIP

Apart from the provision of pure sexual pleasure the slave should be trained to ease the aches, strains and pressures of everyday life for his Mistress through varied techniques of body worship.

Examples include:

- Foot massage
- Back and neck massage
- Massaging the breasts
- Licking the feet and toes
- Licking the buttocks
- Licking and sucking the breasts
- Licking between the thighs

The slave should be trained to provide any of these services in exactly the way the Mistress desires. That way she need only issue the one word order, 'feet' say for the slave to assume an appropriate position and proceed as trained. The Mistress of a well trained slave can then enjoy the act of servitude without constantly having to give directions. Again detailed training at the start brings rewards later on.

There is no point in attempting to describe how these services should be performed as it will vary from one Mistress to another. But as a general point the slave should learn that he must show the utmost respect for his Mistress's body and treat it reverently. He must become skilled in the use of his hands, his lips and his tongue.

My slave

One of my favourite acts of servitude, prior to the slave pleasuring me is to make him firstly worship one of my feet, licking it from heel to toes, sucking

the toes and then licking the inside of my legs gradually moving up to the top of my thigh. At this point he will worship my tush, licking all the way from the perineum deep between my thighs to the top of my pubic hair before slowly working his way down my other thigh to finish at the toes. Arriving at the toes of the second foot he then repeats the process in reverse until ordered to stop.

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PUBLIC BEHAVIOUR

Behaviour of the slave in public is every bit as important as his behaviour in the privacy of the home and it must be part of his training to be taught that, whilst certain aspects of his servility may be temporarily suspended, he is still a slave and it is his duty to attend to and please his Mistress. He can still be punished (later) and he can still collect demerit points.

The slave should always use the proper form of address even in public provided such use would not compromise the situation or cause embarrassment. He must open and close all doors for the Mistress and carry all baggage, shopping etc.

It must be the Mistress' responsibility to inform the slave if she wishes him to make eye contact in public. He must be made to realise that he is still under total control. The slave should always walk behind his Mistress unless given specific orders to the contrary.

Some Mistresses will allow their slaves to speak without permission in public whilst others will insist on the requirement only to respond when asked a question. It is of course entirely at the whim of the Mistress.

When visiting other people's houses the slave must understand that he is expected to be helpful and polite at all times. He must attend to all of his Mistress' needs in a subtle way giving no hint of his status in life whilst making his servility clear to his Mistress (a fine balance rarely achieved by a slave in my experience). Naturally if the others present are aware of his status then no such 'niceties' need apply.

If the Mistress and slave eat out together at a restaurant it is of course quite normal for the Mistress to decide what the slave will eat. Clearly the slave does not have the right to choose. She may choose wine for herself and water for the slave. It is entirely up to the Mistress.

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HUMILIATION

Humiliation along with punishment is a natural and regular feature of a slave's life. But I am not talking about what turns the slave on here. Rather about finding something he really hates and is being forced to do. It is not humiliating for a slave who likes cross dressing to be ordered to wear silk panties and a bra. The act of being humiliated helps the submissive male to feel inferior to the Female and is only effective if the slave hates what he is ordered to do. Therefore what is humiliating for one slave may not be for another.

Examples of humiliation include:

- Verbal abuse
- Objectification
- Use as furniture
- Trampling
- Face slapping
- Face sitting
- Enemas
- Strap-on
- Water sports
- Cuckolding

In public

- Cross dressing (sissification)
- Verbal abuse

A slave must expect any amount of verbal abuse from his Mistress. She is entitled to speak to him in any way she wishes, to criticise his performance and demean him. She may refer to his pathetic standard of work, his degree of servility, his caged sexual organ of which she has no use. She may call him stupid, worthless, pathetic and require him to admit to his inferior status.

'It is a stupid pathetic slave, Mistress' perhaps repeated one hundred times. There can be no limit to the verbal abuse a slave must endure.

Objectification

Objectification is a great way to dominate a slave when the Mistress is not in the mood or does not have the energy to engage actively with the slave. Often a Mistress feeling like this will relax the Mistress/slave differential. I hope by now that the reader will realise that this is a mistake. Instead she can order him to be her coffee table, footstool or clothes rack whilst she relaxes and reads or watches television. In doing this the Mistress is dominating her slave's psyche without too much effort on her part.

How long a slave can stand this use will vary from slave to slave and the position/posture required. The Mistress should be aware of the build up of lactic acid in the slave's muscles leading to cramps and avoid getting too carried away in her book or programme.

Use as furniture

This will be covered in a later session as it is a favourite of mine. It is both practical, can be very humiliating for the slave and requires very little effort on the part of the Mistress.

Trampling

A slave can be used as a doormat or bath mat. He is literally under his Mistress' feet and the position is historically significant as that of victor and vanquished.

However the Mistress must be cautious about trampling. She needs to know the male anatomy and skeletal structure to understand where she can and cannot apply her full weight. The bones of the face are easily crushed, the rib cage is similarly weak and the area of his stomach and crotch contain vital organs which could be damaged by application of full weight. However these parts of the slave's body can be stood on with various degrees of pressure provided the Mistress keeps one foot firmly on the floor. The Mistress can experiment with differing degrees of pressure from her shoes or boots to gauge the slave's reaction and pain threshold.

Face slapping

A slap or two across the face delivered with a curt and derogatory comment is a suitable and humiliating way to correct a slave who has failed in some way to please his Mistress. It can do no harm unless delivered so violently as to jerk the slave's head and jar his neck. This is in no way an alternative to punishment for the offence but more of an instant assessment of the slave's performance and reprimand. It is a good idea for the punishment to come later as the slave will then have something to think about. His reaction to a face slap and reprimand must be to kneel if he is not already on his knees, bow his head and reply with a mandatory form of apology or simply 'yes Mistress'.

Face sitting

Sitting or straddling a slave's face is an excellent example of humiliation. The Mistress is on top where she belongs and the male is helpless with no choice but to pleasure her for as long as she wishes. The Mistress should take care to afford the slave the proper amount of air he needs to breathe. A well trained slave will lick without command when his Mistress straddles his face.

The Mistress should maintain proper hygiene for the wellbeing of her slave particularly if she requires the whole area of her crotch to be licked.

Enemas

Enemas involve both humiliation and punishment. A suitable position is that for anal penetration or the slave can be suitably bound with the orifice conveniently presented. A thin plastic tube and a funnel is all that is required. Once again this is one of those practices where the slave is humiliated and subjected to extended discomfort with little effort on the part of the Mistress. To hold an enema for a long time is exceedingly uncomfortable. There is no let up in the discomfort and it is an excellent punishment and humiliation technique which has no risks attached to it whatsoever. I have had my slave hold an enema for an hour as punishment for not setting out my clothes correctly in the morning. He got this wrong only once!

Strap-on

Use of strap-on phalluses has been covered in an earlier section so will simply be mentioned as an extremely humiliating experience for the slave.

Water sports

Often referred to as Golden Showers, this practice seems to appeal to many slaves as the ultimate in degradation. It may be so but if the slave gets pleasure from this activity it has no place in a true Mistress/ slave relationship. Some couples do engage in golden showers but for me it is far too messy even though I know my slave would hate it.

Cuckolding

Cuckolding can be one of the most powerful ways of humiliating a slave, especially a slave husband.

The husband who is being cuckolded must bear the physical and emotional pain of being constantly sexually frustrated and must also bear the shame and humiliation of his wife taking other lovers.

Obviously the married Mistress of a non consensual slave husband can behave in any way she likes. This is an essential part of the slave's agreement to submit to non consensual slavery but few Wife/Mistresses will wish to engage in this activity. I know of only a very few married Mistresses who have gone this far. Indeed I would countenance against it. I would suggest that this activity would, more than any other, destroy the bond between a married Mistress and her slave in contrast with the imposition of non consensual slavery which strengthens it.

For an unmarried Mistress there are degrees of humiliation that can be inflicted. At one level a Mistress may chain her slave in the home and then go out to socialise as a single woman. She may recount stories of the men she has met. At the other end of the scale she may invite other men to her house, entertain and have sex with them whilst in full view of the chained slave or even have the slave serve them both whilst they make love. What could be more humiliating than that? Very little I would proffer to suggest. Even so this is serious humiliation and any Mistress would be well advised to consider it very carefully.

Public humiliation

Making the slave serve his Mistress in the presence of others who are aware of the Mistress/slave relationship is not in the least humiliating for the slave. It is very little different from serving in private. It would be very humiliating if the 'public' were not aware of the relationship and also embarrassing, not least for the public. Therefore humiliation in public must be subtle where only the Mistress and the slave are aware of what is going on. A favourite technique of mine is to make the slave do all the walking and carrying when we are shopping at the supermarket. I sit with the trolley near the entrance and the slave is sent off round the shop to collect one item from my shopping list at a time. It takes a bit longer this way but the slave is left in no doubt that he is the work horse. Only a very observant stranger would notice what was going on and even then would probably not guess the reason why.

Cross dressing

The only kind of cross dressing which is humiliating is forced feminisation. The dominant woman forces her slave to dress as a woman against his will. Thus some Mistresses will have their slave serve them in stocking and a maid's outfit.

Personally I would never permit a slave of mine to put on any item of female attire. Females are superior and male slaves totally unworthy of wearing their clothes. So the nearest my slave gets to my underwear is when he hand washes it and puts it away and when he collects it from the bedroom floor where it is dropped, picks it up with his teeth and crawls with it to the linen basket.

When it comes to humiliation each Mistress must find what works for her. It is a combination of what turns her on and what the slave really does not like.

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TORTURE

Most Mistresses will from time to time wish to torture their slaves. It is then that their sadistic nature comes to the fore. Torture, unlike punishment, is inflicting pain and suffering for pleasure and I have yet to meet a lifestyle Mistress who would deny getting pleasure from this activity.

There are basically two methods of inflicting torture; active and passive. The first way involves continued action on the part of the Mistress such as an extended whipping. A thorough whipping can take up to an hour as she applies various instruments of pain to different parts of the slave's body.

In the second method the Mistress sets up a situation which will apply the torture with very little further effort on her part. Such examples include, electro torture, use of astringents, nettles, itching power etc.

Much has been written about safe and 'no go' areas of a slave's body when it comes to whipping but provided common sense and a few simple rules are observed it is possible to produce a slave well striped from head to toe safely.

It is a common misconception to think that heavy whips must be used to mark the skin. It is invariably the case that a light multi-stranded whip will mark the slave just as well as a heavier whip in places where there is less fleshy protection whilst producing intense stinging pain and this kind of implement can be used for much longer than a heavier one as no damage is being caused. One of my favourite whips consists of many strand of thin rigid plastic. I can be very accurate with this and it marks beautifully. It is safe to use on all parts of the slave's body as it has very little weight.

Basic Rules

1. Heavy solid implements should only be used on buttocks and fleshy areas of the thighs above the knees.
2. The lower back between rib cage and buttocks is an absolute 'no go' area. There are vital organs here and no protection.
3. The remainder of the slave's back, shoulders and arms are suitable targets but if a knotted whip is used it is best to avoid the spine.
4. No blows on the neck or face.
5. All areas of the slave's front are safe for whipping but care should be exercised when applying the whip on the belly between the waist and genitals. Again the light whip will mark very well, produce intense stinging pain and no damage.

For an extended whipping it is best to secure the slave firmly with ropes or chains. My favourite position is spread-eagled with leg spreader and wrists tied to hooks in the ceiling and the slave on his toes. There are then no parts of the body which are inaccessible.

The torment of the slave undergoing a whipping can be increased by blindfolding or hooding him as he cannot tell when or where the next blow will land.

The genital area can safely be included in a full body whipping provided a suitable instrument is used. The best is a short multi-stranded whip (10 to 15 cm) made from thin leather shoelace or similar. The lighter the better as it will cause no damage but the pain is intense. For a complete body whipping I remove the slave's chastity device and secure his PA ring to his waist chain. This exposes the underside of his cock and his balls for treatment with the tiny whip.

A full whipping can take an hour or more. There is no need to rush and the Mistress can take breaks in the proceedings should she feel the need for refreshment. After all - the slave is not going anywhere! When the Mistress is satisfied with her handiwork or she judges the slave has had enough it is best not to release him straight away unless, of course she wants an

immediate service from him. A period of reflection for the slave whilst he is still restrained after a whipping is good for his psychological conditioning. I usually make my slave hang for up to 30 minutes after an extended whipping whilst I relax with a drink on my bed.

The slave should have been trained so that when he is released he drops immediately to his belly, crawls to his Mistress's feet and kisses them.

If the Mistress wishes to give her slave a thorough caning as apposed to a quick instant punishment it is a good idea to warm him up first with a paddle say or relatively light instrument before using the heavier stuff. The slave can be on his belly, bent over the edge of a table or bed, or bent double with his wrists attached to his ankles. A caning of tightly stretched buttocks is considerably more painful then on more relaxed ones so the really sadistic Mistress will have her slave bent double for this torture.

As the slave's pain threshold increases with 'warming' heavier implements can be used but the Mistress should be aware that these will cause deep seated bruising so their use should be restricted to the fleshy well padded areas of buttocks and thighs. The area where thighs and buttocks meet is particularly sensitive and will be painful for many days.

It is important to keep well away from the base of the slave's spine and to avoid wrapping around the hips where there is little protection and many nerves.

Accurate caning of a slave in this way requires practice and the novice Mistress would be advised to carry this out on a couple of pillows before tackling the real thing.

Passive Torture

If the Mistress wishes to torture her slave with the minimum of effort then one of the following techniques can be employed.

My favourite position of bondage is to have the slave straddle a stool on which can be placed a variety of objects designed to make life very uncomfortable. The slave's hands are bound tightly behind his back and his head harness is tied to a hook in the ceiling. Thus he is unable to move off the stool.

Objects placed on the top of the stool include:

- Triangular wooden block with a narrow flat edge at the top
- Cylinder about 10 to 15 cm in diameter
- Oversized butt plug

With the triangle in place different items can be placed on the top edge.

My favourites are;

- Double strip of carpet gripper, side by side
- Stinging nettles
- Soft cushioned pad impregnated with itching powder

The top edge of the triangular block is just a little too high so that having both feet flat on the floor is just too painful. In this position his perineum cock and balls are exposed to whatever rests on the top of the block. So to ease the discomfort the slave has to raise himself up on his toes. Time is the big enemy, since eventually his muscles tire and he must adjust his position to relieve the stress. But that causes new stresses and pressures so there needs to be another shift and so on.

It creates a downward spiral where shifting position becomes more and frequent whilst his crotch is being assaulted by top of the block. When he gets to the point where he is shifting continuously he is properly 'riding the block'. It usually requires about 30 minutes torment to reach that point and during the build up time it is possible to have some very productive discussion with the slave regarding unsatisfactory elements of his servitude. Once he is fully riding it is virtually impossible to have a coherent conversation since the slave's mind is pretty much occupied in easing his distress. The time I make him ride depends on the infraction being corrected but it is never less than one hour.

The use of carpet gripper, nettles, or itching powder is painful torture indeed. But it is very satisfying watching him struggle, legs spread wide, up on his toes. Sooner or later his feet tire and he drops only to find increased torture of the sensitive flesh between his legs. An hour like this is really severe punishment and is reserved for the most serious infractions of my rules or

when I am feeling particularly sadistic. But it does no permanent harm and a session makes the slave very penitent. The punishment is made even more severe for the slave if the CBs are removed as there is then no protection for his balls and cock. The great thing about these punishments is that they require very little effort from me. In fact the only effort it requires from me is to make it stop. I can read a book, watch TV, and if the slave is gagged I do not even need to listen to his please for mercy.

Another passive torture I set it up with the slave seated on the stool. His bound arms are chained to the ceiling hook and his scrotum to a heavy weight just resting on the floor. If no weight is available then a leg spreader with a chain from his balls to a central attachment point can be used to prevent him from rising. After about 15 minutes I take the stool away. The anguish in my slave's face is clear to see so I replace it five minutes later but with a couple of nettle leaves, itching powder or the drawing pins resting on the top. I then lie back on my bed to 'watch the show'.

The slave is faced with two choices:

- Raise himself up from the stool to ease the pain in his buttocks and put strain on his thighs and scrotum
- Lower himself to the stool, and let the nettles etc. torture his buttocks

I first set this up as a punishment because I was dissatisfied with the effort the slave was making when he pleased me. As I spoke to him quietly explaining exactly what I required from him he became more and more distressed and when I let him down after 60 minutes there were tears streaming down his face. But he dropped to his belly and kissed my feet as I had trained him to do and the fervent desire to please me was like never before. I had the best tongue job ever and that aspect of his servitude improved from then on. He now knows exactly what will happen if I get less than maximum effort from his tongue.

This kind of passive torture has now become one of my favourite techniques. It satisfies my sadistic side to watch the slave endure what is extreme discomfort. There is no effort needed on my part, no risk of damage to the slave and I can relax with a long cool drink. I can ring the changes by putting different items of discomfort on the stool and if he is blindfolded he will only discover what they are when his legs tire. A dental gag which forces the mouth wide open is very effective preventing the slave from

making any recognisable sound. For the imaginative Mistress the possibilities are endless.

Once a slave is total trained a Mistress can restrain him and torture him without the use of ropes using just her power of control. A favourite ploy of mine is to order the slave to stand, legs apart with his hands on his head at the foot of my bed. I then place a small bunch of nettles or a little bag of itching powder just below his balls and order him to attention. Initially I had to tie the slave's ankles but now he knows better not to move. The longest I have had the slave stand like this is exactly one hour after which I allowed him to shower. But sometimes I prolong his torment by ordering him to pleasure me before allowing him relief. I may be kind, I may be cruel; it depends on my mood but whatever, the slave endures.

These are simple techniques requiring little effort from me but a very effective torture for the slave. The Imaginative and inventive Mistress will be able to think up all kinds of situations like this the key element being minimum effort for the Mistress, maximum suffering for the slave which is exactly as it should be.

Electro torture

A TENS unit or electro stimulator is an excellent device for torture. The slave can be tied or simply made to adopt a position and maintain it. Some units are programmable to provide different modes of stimulation which bring correspondingly different reactions from the slave.

Warning:

One should never use electro stimulation above the waist unless the electrode is of the two wire type like a clamp which will only send current between any item of flesh trapped in it.

The most sensitive area for electro torture are the genitals and if the slave is wearing a wand this is the perfect place to connect one of the wires. The other can be connected to a ring on the shaft or one behind the cock and balls. The power can be increased gradually until the slave is obviously in distress. Then the Mistress can sit back and watch or merely engross herself in a good book.

There are available special electrodes for inserting into the penis which can be used in place of a wand. An alternative is to pass the current between two rings, one on the shaft and the other behind the balls but this is not as painful as my preferred method using the wand.

Another of my favourite techniques is to use a bi-polar butt plug. This has two connections for wires. The current from the stimulator will cause the plug to move in and out of the anus quite violently as the muscles contract in time with the signal.

A Mistress with a non consensual slave will have no concerns about her slave's submission to any of these techniques. They are severe but they are entirely harmless if carried out sensibly. They can be used as punishment in which case they put considerable pressure on the slave to improve his performance. Alternatively they can be used to satisfy the more sadistic pleasures of the Mistress for which she should not feel in the least way guilt-ridden. Watching the slave suffer under torture is an entirely natural desire for a dominant woman and what is the slave for if not to provide the Mistress with pleasure.

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FURNITURE

For the Mistress the idea of using her slave as an item of furniture is an appealing one but I have yet to meet a slave who can hold anything other than a reasonably comfortable position for longer than a few minutes.

Positions suitable are:

- Kneeling; hands and knees, back used as table
- Kneeling hands and elbows
- Kneeling; upright, holding lamp or tray etc
- Kneeling; nose to floor, buttocks in the air
- Lying; face down
- Lying; face up
- Standing

A slave on his hands and knees will not be able to hold still for long if there is much weight on his back. The temptation to use this position as a foot rest is great but it does not work for very long. I do sometimes use this position when watching TV or reading especially if I am a bit annoyed with the slave. That having been said my slave cannot manage it for more than about 30 minutes.

Hands and elbows will produce a more horizontal back and is easier for the slave to hold. This position is quite suitable for a table but the time is still limited.

The kneeling position is the most successful and the slave can hold any object for extended periods provided it is held close to his body. Any extension of the arms will considerably shorten the time the slave can remain still owing to the build up of lactic acid in his muscles.

Nose to floor is quite effective as a foot stool as long as the weight is taken on the buttocks but I find this raises my feet too high to be comfortable. My favourite position for a footrest is when the slave is prostrate on his belly. His buttocks make a soft pliable cushion for my feet and he can maintain the position for extended periods; two hours or more. This is my favourite position when watching TV.

Another position which I really like is having the slave on his back with his legs in the air and his buttocks resting up against the side of my sofa. Resting on his buttocks is a tray with a large phallus protruding from the underneath which is inserted into his anus. This is somewhat uncomfortable for the slave and will only work if his buttocks are kept in the air by resting against some other object or by the use of rope, tying the knees to the slave's neck.

A Mistress friend of mine has a nice variation of this where the phallus holds an ashtray.

Another variation is to have the slave kneeling with his head held right back and the phallus in his mouth. I only use this position when I wish to register displeasure with the slave or I am annoyed about something as it is hard for him to hold for any length of time. The longest my slave has managed so far is thirty minutes. But knowing he is struggling to please me is good therapy; for me at least!

It is good training to make the slave hold these positions for longer and longer times but the Mistress should be careful to ensure that severe muscle cramps do not occur. If the position is obviously an uncomfortable one she should check from time to time that the slave is OK.

One position a slave can easily hold is kneeling with a tray held in front of him. My slave always serves drinks in this way and I do not need to hold the cup or glass between sips.

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ORGASM & MILKING

A slave must be conditioned to accept that he has no entitlement to sexual pleasure of any sort just as he has no entitlement to anything else. Anything he receives from his Mistress is hers to give or not as she pleases.

Slave orgasm, as with everything else should follow a strict routine, the slave obeying the rules set out by his Mistress.

My slave

If I am permitting the slave an orgasm, he kneels and I toss the CB key on the floor. When I click my fingers he removes the belt and kneels with his cock in his hands. I click my fingers and he begins to masturbate, another click and he stops. Even when he is masturbating he is under my control.

If I allow him to climax he does so into a bowl placed in front of him on the floor. Upon a final click and he drops to his belly and licks up the contents of the bowl; the ultimate humiliation. Occasionally I will stop him and order the belt to be replaced before climax. Either way he begs permission to speak and thanks me.

Prostate Health

It is said that the male needs to orgasm regularly to keep his balls and prostate healthy. For a slave in permanent chastity this needs to occur about once or twice a month. To facilitate this, if orgasms are not permitted, the slave can be 'milked' with a prostate stimulator.

There are, as far as I know, two devices on the market, the Aneros G spot stimulator and the Dr Joel Kaplan vibrating prostate massager. In my experience neither of these devices can be guaranteed to achieve the desired effect on their own and some effort on the part of the Mistress will be required. It seems that a fair amount of pressure needs to be applied to the

prostate gland to achieve involuntary ejaculation and this can best be achieved by the use of rubber gloves and a finger. It is very simple to milk a slave in this way as it is easy to feel the prostate and massage it effectively. The finger is inserted and the prostate, a walnut sized gland, located at the front of the colon. Stroking the gland with firm pressure should produce the desired effect within a few minutes though this will vary from slave to slave. Some experimentation may be required for guaranteed success.

My slave

My slave kneels nose to floor, thighs spread wide either beside my settee or on the side of my bed. I can then perform the desired function in comfort. Beneath the slave is a large dish to collect the emissions which do not squirt out as when the slave is permitted an orgasm. On completion the slave removes the glove and cleans my hand with a moist wipe.

He then prostrates himself on the floor with the dish in front of him. At my signal he licks the bowl clean.

For those Mistresses not wishing to employ such a technique I have recommend a method which works without too much effort on her part.

The same position can be adopted but the massager is inserted instead of the finger. It needs to be moved slowly forwards and backwards with a downwards pressure directed toward the prostate. Sometimes it can take up to 15 minutes before the required effect is achieved as one cannot be sure the position is correct so it is important for the Mistress to be comfortable.

Apparently there is very little pleasure for the slave in this process which adds to the humiliation.

Let me say that there is no need to allow a slave to orgasm at all. With my slave it is a privilege which he must earn. But if I ever thought he came to expect it, it would be denied. Basically I do not consider that a slave should expect a reward for good service, just punishment for poor service. One of my friends never allows her slave this privilege. His cock remains permanently in its prison except for cleaning and the occasional sadistic attention of his Mistress. He is milked once every two weeks by his Mistress using her fingers and disposable gloves.

Update

Now that my slave is permanently locked into 'The Helmet' chastity device with the KTB I do not permit him to orgasm or achieve erection.

He is milked once a month with my gloved finger.

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SHARING the LIFESTYLE

Whilst it is exceedingly satisfying for a naturally dominant woman to own and be served by a male slave and love the lifestyle for real it can be equally rewarding if she can share her interests and experiences with others of a similar mind. My local group of dominant women is limited to Holland and therefore it is very easy to get together with friends. It is a closed group in the sense that there are no public activities. We hold regular meetings in each others houses and in that respect our activities are behind closed doors. Additionally we organise training sessions from time to time usually with a particular theme in mind.

We are a very small group and have formulated a set of rules for the behaviour of our slaves. For example they are all taught to kneel and move in the same way. They are all taught to serve in the same way. Thus at a meeting if a Mistress is served by a slave other than her own she will get the same standard of service. The only taboo is sex with another Mistress's slave.

Not a group as such but the OWK, Other World Kingdom in the Czech Republic is an actual place in the where women rule and men are their slaves. It is a closed society of Dominant females where Mistresses can go with their slaves to take advantage of the facilities. The Mistress can send her slave for any number of training courses and he will be kept in any conditions she decrees from mild to extremely severe whilst she has a holiday.

Throughout Europe and the USA there are many FD groups but it is not always easy to locate them. The internet is a good place to start looking and most European countries have a number of Female Supremacy groups though genuine lifestyle Female supremacists who live the life I describe seem quite rare.

The most efficient way of meeting others who share the lifestyle is to join groups and go to meetings or clubs and a few have been included in the contacts section at the end. There is such a wide variety of interests that finding a soul mate can be quite difficult but Female Domination is widespread and they are out there. Some persistence may be required.

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SLAVE RULES

1. The slave will conduct itself with absolute obeisance and humility at all times consistent with its inferior status.
2. The slave will beg permission to do anything it has not been ordered to do.
3. The slave will never stand in the presence of its Mistress unless permission has been given.
4. The slave will have its nose to the floor in the Mistress' presence unless permitted otherwise.
5. The slave will crawl with its nose to the floor at all times unless otherwise permitted.
6. In the Mistress' presence the slave will assume the submission position without instruction whilst awaiting orders.
7. The slave will beg permission to speak but only if it considers this absolutely necessary.
8. The slave will acknowledge every command by assuming the position it has been taught, and, if required, by verbal acknowledgement.
9. After completing assigned tasks the slave will report to its Mistress immediately on completion.
10. The slave will keep its eyes lowered submissively at all times.
11. The slave will never be late in performing a service which it must carry out at a specific time.

12. The slave will carry and present all objects to its Mistress, held between its teeth unless permission has been given to use its hands.

13. The slave will never wear any item of clothing unless permitted by The Mistress

14. The slave must learn to anticipate the requirements of its Mistress, paying constant attention to her needs.

15. In its servitude the slave will think only of bringing maximum pleasure to its Mistress in everything it does.

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FINAL THOUGHTS

Any Mistress/slave relationship will at some time run into trouble. This should be expected and is not necessarily or even usually a sign that the relationship will fail. But like anything worth having it has to be worked at, honed or fine tuned to work really well. The secret, as I have explained, is to remove as far as possible any misunderstandings or situations where either party is unsure of the behaviour of the other or unsure of what She/he should do in any set of circumstances.

There is only one way to have a slave. That is on his knees, naked and in chains. Sadly it is virtually impossible to achieve this situation 24/7/365 in our modern world. However by following the ideas I have set out in this book I can say that I enjoy the lifestyle where this is possible for well over 90% my time. What needs to be achieved is the maintenance of the Mistress/slave differential all of the time. It must not be relaxed.

For the dominant woman seeking the services of a slave there are thousands of so called submissive men who are attracted to the idea of being a slave. Sadly most of these have no idea of what being a slave means let alone being capable of living the life of one.

I discount in this number those who are simply turned on by a women in black leather carrying a whip and those who visit professionals with a list of things that can be done to them.

Amongst those of a genuinely submissive nature are many who will submit to a woman in a long term relationship as 'consensual slaves'. From my perspective these are not slaves at all because they set the limits so they are ultimately in control. The Mistress can never be sure how the 'slave' will react in any given situation. This is hardly the way it should be!

In the fifteen years since I adopted this lifestyle for real I have come to realise that there are many submissive men who, with a little guidance and

help, can be persuaded to give up all rights and submit to a Mistress without limits in what I have described as non consensual slavery. Once agreed the Mistress has a hold on the slave and he is forced to obey or face the consequences of something even more unpleasant than his enforced servitude.

There are fifteen couples in our group and all of the slaves except two are non-consensual. The youngest is 40 and, as was the case with my slave when it first submitted, it was a condition that he accepted this status right from the start. Others had their status changed when their Mistresses realised the advantages. Most are in the age range 45 to 60 which is a sufficiently mature age for a slave to accept the change. But there is one who is now over 70. Married for 40 years to a Circuit Judge his continued servitude is testimony to the effectiveness of the policy. Around the world I am in contact with Mistresses from Sweden to Italy and the USA who have benefited from the principles I propound.

To move from the situation of 'play' to real lifetime servitude and slavery the Mistress must be prepared to cross a threshold. I recognise that this threshold might be too high for some but I can guarantee, from my own and other's experience, that if the threshold is crossed the Mistress will never wish to go back.

Whatever the Mistress announces to her slave concerning what will happen if he ever disobeys or back tracks is of course entirely up to her but it obviously needs to be something that the slave would not like and something that would cause him great embarrassment and humiliation. It should always be announced after the slave has submitted, (in writing) to permanent non-consensual status; never before. There can be no going back. This needs to be explained to the prospective slave beforehand.

There will be many for whom the practices outlined here are too severe. I have often been approached by women saying they could never treat their slave like this let alone their husband; they love them too much. And I am left wondering whether they wish to have a slave at all. My message must be that there are no half measures; it is all or nothing if you want a real slave.

A Mistress owning such a slave has a treasure indeed. She can then enjoy the lifestyle she wants, free from inhibitions. A lifestyle that is second to none.

Do I love my slave? Yes I do. I love having him around. I love being served hand and foot. I love humiliating and degrading him. I love making him suffer to please me. And I love unlimited sex any time I want it. In short I love him for what he is; my slave.

I do not think that inflicting pain and suffering on my slave is an indication of any ill feelings toward him. He has agreed to submit and such treatment only serves to make him a better slave. I would never cause permanent harm; he is an item of my property and a valuable one at that but I do inflict severe pain because I like it. As for the slave he tells me he is content with the situation and would not want to back out now even if he could. He loves me for what I am, his Mistress, his owner and his provider. Mistress and slave are secure in a relationship where we both know exactly what we are.

One final thought:

Consistency in the way the Mistress views and treats the slave is the key to success.

Mistresses wishing to contact me may use the address below. Please put 'non consensual' in the subject box and please be patient for a reply; I get many messages each day.

www.male-slavery.com/contact.html

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USEFUL CONTACTS

GROUPS & SOCIETIES

www.male-slavery.com/groups.html

DEVICES & BELTS

www.male-slavery.com/equipment.html

CONTACT INGRID BELLEMARE

www.male-slavery.com/contact.html